SUGGESTION

A MAGAZINE OF PSYCHO-THERAPY

"Man's whole education is the result of Suggestion."

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Suggestion in Dentistry

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Written for SUGGESTION.

Inspired with the idea that the readers of the SUGGESTION family would be interested in an article describing briefly the many uses of suggestive therapeutics in the daily routine of a dental practice, I will endeavor to outline the methods which I have been accustomed to use, hoping thereby to show that the key to the modern humane methods of handling our dental patients are based, solely and entirely, upon an intelligent conception of that grand and glorious science, known as Suggestive Therapeutics.

In all my years of experience as a practicing dentist I have never yet found a more useful, reliable and effective adjunct to a dental office than Suggestion, and have long since learned to look upon all my instruments, drugs and furnishings as simple aids to help me in my work. To the uninitiated, above statement may appear of imaginary origin, but, mark my word, the time will come when suggestion will be recognized as the fundamental science to all teachings of operative dentistry; when a dentist who "hurts" will be regarded as incompetent to his calling and the practicing of his profession; when the public will have become educated to the great benefits which are to be derived from the painless and humane treatment as made possible by an intelligent understanding of this science. Dentistry is a progressive science. During past decades great strides of advancement have been made and will continue in the future, but, the advent of a universal recognition of suggestive therapeutics among practicing dentists will see the profession at the height of its glory and perfection. To return, however, to the intended outline of the many uses which I find in suggestion during the daily practice of my profession. Permit me to state, at this point, that I have never yet "hypnotized" a single person, nor have I ever attempted

to do so, since hypnotism, or the induction of sleep, can only be regarded as one of the many, if not innumerable, means or ways at our disposal of securing a fixed purpose by means of suggestion. That is to say, while I am thoroughly convinced that suggestion readily answers every possible purpose to which this science can be applied in the daily routine of a dental practice, I nevertheless, hope to submit a report to the readers of this magazine, at some future date, the results of my experiments in "induced hypnosis" on lines of an imitation chloroform narcosis.

I have found the possibilities of suggestion unlimited and the frequency of its application in the daily contact with patients can best be illustrated by recalling, at random, a few of the instances where most frequently employed. I employ suggestion in overcoming any expression of fear or pain which may be manifested by the patient at any time while in my office; in drilling out sensitive caries; in counteracting the powerful caustic action of arsenious acid on the living pulp tissue; in the painless extraction of teeth; in opening painful abscesses; in lancing sensitive hypertrophied gums; in relieving the nervous strain resulting from prolonged dental operations or sittings; in all minor operations on the maxillæ and many other instances too numerous to mention. In short suggestion can be successfully employed throughout the entire range of dental operations, where it is possible or advisable to relieve the sufferings of our patients. I regard the power of suggestion as limited only by the skill of the operator, and firmly believe that every individual, excepting a wooden Indian, can be influenced or directed in one way or other. Every individual is possessed of feelings, emotions, ideals or hobbies, which, in the hands of a skillful operator, can be easily appealed to as aids in carrying out a fixed purpose. There are thousands of instances in everyday business life which tend to illustrate the power of suggestion. The magical power of attraction (regardless of results) found in the daily advertisement, the race track or the Stock Exchange are well known examples. In surgical reports we also have notable examples of the power of suggestion through an appeal to the emotions. I refer to instances in history where soldiers were maimed and wounded on the field of battle and, despite their injury, continued fighting with unabated enthusiasm. Instances are recorded where soldiers have been unable to account for injuries received while in that state of mental excitement which the noise and din of a battle must necessarily bring about. You will probably remember the reports after the battle of San Juan where the hospital attendants experienced difficulty in restraining the wounded from securing weapons and returning to the front. I mention these instances for the purpose of pointing out that the possibilities of suggestive therapeutics, especially in minor surgery, are as yet in a developing stage and that the future holds vast improvements in store for us.

My personal experience in hundreds of cases of extractions, an operation, by the way, which at times is, or rather, can be made, extremely painful to the patient, will bear the proof that a great deal can be done to secure an average of absolutely painless extractions. I have long since thrown aside my solutions of cocaine and hypodermic syringes in preference to the better and safer methods offered by suggestion and simply keep on hand, for that purpose, an ounce bottle of genuine aqua

pura containing a small percentage of carbolic acid. Hearing and tasting are the two senses through which I direct my suggestions to patients in preparing them for extractions.

A typical case was witnessed the other day by a member of the "family" at my office. Mr. David Walker, of Butler, Mo., had just called on me for the purpose of reading the latest issue of SUGGESTION and exchanging experiences on different points of interest, when a boy of about 13 years of age, interrupted our conversation for the purpose of having a tooth extracted. I immediately placed the boy in the chair and indicated to Mr. Walker that I was about to give him a practical demonstration of suggestive therapeutics. A few questions readily convinced me that the subject was a genuine somnambule and therefore easily and quickly handled. I immediately engaged in conversation with Mr. Walker (for the benefit of the patient) on the subject of painless extraction of teeth, lauding especially on the merits of the painless results obtained "in all cases" by aid of my new solution. I then told the patient that he would distinctly feel the application of the solution to the gums and that the penetration of the medicine would be manifested by a slight tingling sensation. I further explained that this was done for the purpose of securing an absolutely painless area around the tooth. I then dipped a piece of cotton into the bottle of water and rubbed the tooth and surrounding gum tissue. Continuing my suggestions, the patient quickly corroborated the presence of all sensations suggested. Upon receiving permission (an important point) from the patient to extract the tooth while in the state of suggested anesthesia, I proceeded with the operation. On being asked by Mr. Walker if any pain had been felt, the patient answered in the negative. (Mr. Walker is of course cognizant with the peculiarities of the somnambule.) The time consumed in the entire operation, from time that patient had entered the office, was about four minutes. I wish to state, however, while all cases do not present themselves under so favorable conditions, it is very seldom that more than ten minutes are required to secure desired results in even the most difficult cases. Nor are the possibilities of suggestion, in its superiority over cocaine injections, limited to the extraction of a single tooth as shown in the brief description of several extensive dental operations, covering, in actual working time, a period of from one to two hours.

(To be continued.)

HARMONY.

For SUGGESTION.

When I achieve the soul's true consciousness,
Love, circumambient, shall me preserve,
I'll take no cognizance of sin nor stress,
Nor e'er from Harmony's bright orbit swerve.

Susie M. Best.

Effect of Immigration Upon Health

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Every physician in the United States must realize that a large percentage of the patients that seek his advice are people from other lands. It has been said that America is a country of dyspeptics, yet personally I believe that the native-born American is not nearly so prone to digestive troubles as foreigners that have settled in the United States and the children that are born to foreigners in this country.

These foreigners are usually children of healthy parents in Europe and their health has been good before coming to America, but after immigrating there is generally a decline in health that results, eventually, in chronic physical trouble, and children born to parents suffering from these chronic troubles are usually seriously handicapped in starting life's battle.

The history of one of these cases is practically the history of them all. Born on the farm, where their work gives them plenty of exercise, and in consequence a liberal supply of fresh air, they drink plenty of liquids and their food is plain and wholesome. But when they come to America and settle down in a crowded city where food, water and plenty of fresh air are luxuries, they do not take the accustomed exercise and in consequence breathe less air and do not drink water so freely, even if it has not been publicly condemned by the city health officials.

Then, in order to draw as little as possible from the small hoard of money with which they are blessed on their arrival in this country, they seek a cheap boarding house where the food is far below the standard of the food that has always given them good health—in fact much of cheap boarding house food is not fit to be eaten.

Under these conditions the best of health sooner or later disappears and dyspepsia and constipation set in rapidly. Medicines—chiefly patent medicines—are resorted to and eventually general physical deterioration sets in.

The average foreigner reaching our shores is a thrifty, saving person, and, even in spite of poor health he plods along through weary years until at length he has saved sufficient money to live in luxury, but from his years of dyspeptic experience with various kinds of foods, he is afraid to eat the food taken by the healthy man, and his children, following the habits of their parents, are brought up on the food of the dyspeptic. They eat as he eats, and drink as he drinks. Children are great imitators and their habits of eating, drinking and breathing, as well as their habits of thinking and speaking, are the result of imitating their parents. Consequently a child born into a family in which incorrect habits of living are practiced is liable to be a constant source of income for physicians all his life or until he finds a physician that will teach him how to live.

I know several foreigners of different nationalities who return to their native countries for a few months every few years in order to recuperate, and certain it is

they invariably return with improved health; but it is not necessary to look far for the cause of the improvement, altho the patient himself will tell you it is the result of the change of climate. As a matter of fact the climate, per se, has very little to do with health; a traveler meets with many other things that may effect his health more markedly. First the rest and bracing sea air assist, then, on arriving at the old homestead he soon reverts to his old habits of living. He drinks the same old water in the same old way and eats the same old dishes that "mother used to make." In this way the life essentials—air, water, and food—are again partaken of as they were in the old days when he had perfect health, and in a few weeks perfect health is restored to him.

Then comes the return to America and the return to the same old business habits —the same eating houses, the same cooking—in fact, there is a complete return through association to all the old incorrect habits of living. The result is return of poor health, which is blamed on the usual scape-goat—the climate.

I have had hundreds of these sick foreigners, poor and rich, for treatment and with scarcely an exception the history of their ill health tallies with the description I have given, and I have been uniformly successful in restoring them to health by watching their habits of living for a few weeks and teaching them how to adapt themselves to their American environments so that they can obtain the life essentials here in the same proportions that they obtained them in the "old country."

Now what is true of foreigners coming to this country is also true of young men and women in this country who leave the farm or a good home to seek fame or fortune in strange places. If their income is ample from the first to enable them to settle in a good boarding place their correct habits of living may continue, but if it is necessary for them to seek a cheap eating house or to stint their food they are very likely to fall into incorrect habits of living and eventually poor health will follow.

I have said so frequently that every child should be thoroughly instructed in the proper use of the life essentials and impressed with the necessity of looking after them. If this were done in every case a boy or a girl leaving home would not be open to "visitations of divine providence" in the form of ill health, for by helping himself to plenty of fresh air, plenty of bread, butter, beefsteak, potatoes, eggs and milk and at least two quarts of good water every day, other things being equal, he will have perfect health and strength in any kind of climate in any season in any country on the face of the globe.

Health should not be an accident. It can be established and maintained through the conscious and intelligent practice of a few of Nature's simple inexorable laws.

Nerve us with incessant affirmatives. Don't bark against the bad, but chant the beauties of the good.—*Emerson.*

Time past and time to be are one,
And both are NOW.—*Whittier.*

'Twas only striking from the calendar
Dead yesterdays and unborn tomorrows.
—*Omar Khayyam.*

Clairvoyant Studies

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Written for SUGGESTION

Theosophists and Spiritualists have furnished complete solutions for the mysterious phenomena of clairvoyance, and the solutions are thoroughly in accord with their philosophies and highly satisfactory to themselves, although not so much so to many other researchers. They not only furnish what they consider the explanations of the phenomena of clairvoyance, but also intimate that the conservative scientific investigators have so hedged themselves about with limitations that it is impossible for them to make any competent study of the subject. One of these writers states it as follows: "Because of this arbitrary limitation in idea we find even university professors so self-stultified as to be incapable of conducting any department of psychic investigation." So in response to the request from SUGGESTION to write one of a number of short original articles from authorities who are interested in the field which we cover, the writer will briefly answer a couple of questions which have often been asked of him, namely, first, Are the Theosophic and Spiritualistic explanations of the phenomena adequate? and, second, Is it possible for a conservative scientific investigator to adequately study the phenomena of clairvoyance?

It is more than probable that the readers of SUGGESTION are acquainted with the connotation and use of the term clairvoyance, and yet to insure a thorough understanding a definition and brief explanation may not be out of place here; to that end we quote from another paper: "Clear vision is the simplest meaning of the term clairvoyance, but this does not refer to perception by the physical organs of sense, but to a 'second sight' which operates independent of the mechanism of the eyes." And further: "The clairvoyant is an interesting personage; by reason of the phenomena which he produces, he is able to see clearly without the use of his physical sight across vast stretches of space and he often describes minutely scenes and events occurring thousands of miles away. He sits passively, with eyes closed, and sees, apparently, directly with the mind, not only distant scenes, but near objects and events as well." Some examples of the phenomena of clairvoyance will be given presently in another connection.

Now, with reference to the adequacy of the Theosophic theory of the phenomena of clairvoyance. In a word it is inadequate, for it adds mystery to mystery and ends in "confusion doubly confounded." The theory of the "astral body and the septenary man" only serves to mystify the investigator, as it introduces inexplicable terms into its explanation. It is no argument to urge that a considerable number of persons have accepted the theory; the same is true of the theory that the earth is flat—nevertheless it is false. There is no need of multiplying words when it has been said that the theory is inexplicable and unverifiable, these should suffice.

The Spiritualistic theory, that the

shades of the departed or other discarnate spirits operating through the organism of a medium are the causes and explanation of the phenomena of clairvoyance, cannot be so readily dismissed; however, it is unnecessary to a satisfactory explanation. While it may be admitted that this theory is plausable and adequate to explain the phenomena in question, this does not prove it to be correct; if it did we should find it a simple matter to prove the question of the ages, "If a man die shall he live again?" This is precisely the difficulty with the theory; it assumes as proven what has never been and may never be scientifically demonstrated, i. e., Spiritualism. Another objection to the spiritistic hypothesis, is that it is unscientific, it refers phenomena to super-mundane causes which are easily explainable by natural laws. Let me illustrate. Recently the writer at a lecture hypnotised a gentleman to demonstrate double personality, and suggested to him that he could see the spirits present in the hall as well as those present in bodily forms; he immediately looked about him with an amused expression and suddenly extended his arms with a pathetic cry and then began to weep. He was assured that he would remember the experience upon returning to normal consciousness, which he did and explained that he had seen the spirit of his dead child. Many of those present believed that he had seen a ghost. Did he? No. He saw what every hypnotee sees, what was suggested to him. It was an hallucination. Hundreds of similar experiments have been made and it would be quite as reasonable to ascribe them to supra-mundane influences as the clairvoyant phenomena. Therefore we must confess that the spiritualistic theory is both unscientific and unnecessary; this will become more evident as we proceed with the answer to the second question.

The question as to whether conservative scientific persons can successfully investigate the phenomena of clairvoyance may be more satisfactorily answered by illustration than by argument. To this end the writer will cite a few examples from his note book, believing that others may find as many opportunities to study psychic phenomena as he has if they are alert. The phenomena are everywhere and should be approached with open mind, with no desire to prove a pet theory.

The phenomena of clairvoyance and clairaudience are so intimately associated and blended with those of Telepathy that it is almost impossible to separate them. Indeed the relationship is so close that many are inclined to believe that they are all due to Thought Transference. It is easy to see how this misconception has arisen after a study of Telepathy. Not infrequently the visions are allegorical in Thought Transference; for example the transference of a picture of the ten spot of diamonds would not be a card with red diamond shaped spots, but as likely as not a series of real diamonds arranged in that order. This is not true of Clairvoyance; the picture is usually quite natural and life-like unless, as sometimes occurs, there is a blending of Telepathy and Clairvoyance.

Psychics who have clairvoyant powers are of two classes, called natural and developed. The natural Clairvoyant is one who has stumbled upon the power and understands little of the laws underlying it, or the means of controlling it. He is often more surprised at his marvelous power than his friends, and usually runs off to some one who is supposed to know to find out about it. The developed

Clairvoyant is quite a different character. He has acquired his psychic power by patient, persevering practice, and knows how to control and use it.

Clairvoyant power is not limited to the persons who bear the name. Indeed, it is quite common in others, so common that almost every one sometimes, somewhere has had an example of it in his own experience.

I have had sittings with a considerable number of Independent Clairvoyants with various results. For the most part their readings consisted in the combined use of Telepathy, Clairvoyance and Psychometry, but a few were true clairvoyants. I recall one experiment that was made for the purpose of verifying a reading. It was as follows:

Something over a year ago when doing an errand in a distant part of the city, I was reminded that I was near the home of a prominent Clairvoyant and decided to consult her. I went to her residence and asked for a sitting, which was granted. Without telling my name or residence or giving any clue as to my identity I seated myself in her consultation room. She asked for an handkerchief or a glove and upon receiving and holding my handkerchief she readily told me all about myself. I knew my history already and wanted something more, so I asked her to locate a friend of mine who was traveling in Iowa and tell me what he was doing at the present hour. She asked me if I had anything about me that he had owned or carried. I had a small leather card case that had been his, for we had exchanged card cases shortly before he went away. I handed her the card case and after a few moments meditation she announced that she saw him.

"He is in a hotel sitting in a small bedroom writing. I will describe him and the room for you," she said.

She gave a good description of my friend and said the room was a small plainly furnished one and that it contained only one picture, and that one was an unframed campaign picture of McKinley.

"He has finished writing; he was writing a letter to you; I can see your name on the envelope that he has just addressed and sealed," she continued.

I asked her to watch him for a few minutes and tell me what he did. She did so and informed me that he was leaning back in his chair with his feet upon the table smoking. That was just like him.

"He has called to some one to come in," she resumed after a brief pause. "A short, middle aged gentleman has entered the room. He is carrying a gun case and asked your friend if he is ready. He answers 'yes' and has gotten up and picked up his hat and gun case which were on the table. They have gone out and closed the door of the room."

I determined to verify her statements and wrote my friend a letter as soon as I reached home, asking him to tell me what he did immediately after writing me a letter that day. The letter that she said he had written came to me the next day, and a few days later I received another letter answering my inquiries, from which I give an extract below:

"I do not know why you want to know what I was doing the other day, and much less do I know how you became informed that I had written you a letter, for I am not a very regular correspondent. I suppose it is one of your everlasting experiments, so it is all right, old fellow. Let me see; after writing your letter I sat

and smoked for awhile and waited for an acquaintance who was coming for me to go chicken shooting with him. I did not have to wait long for he was on time, two o'clock, and then I took my gun and your letter and we went out together.

"About the pictures upon the walls of my room it will be easy to reply, for there are none—well, that is, no framed pictures; but there is an old dilapidated campaign picture of McKinley. By the way, your description of my acquaintance was very good; how did you get it? We had some good shooting; I wish you had been along for you would have enjoyed it."

The above experiment gives good ground for the belief in the reality of Clairvoyance and Clairaudience, for the woman evidently saw and heard what she described to me, as my verification conclusively proves.

Hypnotics while in a state of hypnosis not infrequently exhibit Clairvoyant and Clairaudient powers. These may be readily and critically studied under the most favorable test conditions. Two of such experiments will be related.

One evening last winter a young man whom I had made some experiments with previously, was hypnotized and directed to go to Washington and call upon the president and tell us what he was doing at the time.

"I see him," he said after a little pause, "but that guy over there has his eyes on me," he continued.

"Who do you mean?" was asked.

"Why, that porter over there; he knows I have no business in here."

"Never mind him, just observe the president and see what he is doing and hear what he says," he was instructed.

"The president is sitting there with two other gentlemen; he is reading a cablegram."

"What does the cablegram contain? Read it for us," he was instructed.

"I cannot read it; it is in cypher, but I heard the president say, 'It is unofficial.'"

It was impossible to verify his statements with reference to the president, but other statements made a few minutes later were verified in due time. The experiments were made during the Spanish American war, at the time when the whereabouts of Cervera's fleet was unknown, and there was considerable anxiety about the matter. The subject was instructed to go to Cuba and locate the fleet. After a little hesitation he announced that he saw them and explained that the Spanish fleet was in Santiago Bay and that the American fleet was anchored in the open sea outside. Events a few days later proved the truth of his statements. After coming out of his hypnotic trance he had no memory of what he had seen, heard or said, as is usually the case in profound hypnosis.

Space forbids the further multiplication of examples, but it is thought that enough have been recited to illustrate our contention that the phenomena of clairvoyance are abundant and easy of access to all investigators. Why the physicists are limited by their ideas more than the metaphysicians in the study and understanding of the phenomena is not apparent. It seems to the writer that those who begin with the physical, the known, have the advantage over those who start from the spiritual, the unknown, to solve the problem. It goes without saying that all investigations should be made without prejudice; otherwise we shall always end by finding what we are looking for.

The Suggestive Condition

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Written for SUGGESTION.

There is an unmanifested or mass man and a manifested or unit man in each one of us.

By the above proposition I do not wish to be understood as meaning that there are two separate portions of us, or two separate selves, for I believe nothing of the kind.

There is, however, every reason for thinking that there is immensely more of each of us than appears at any one time in self-consciousness.

The manifested man is really but a segment of the unmanifested man. The former I call the unit man; the latter the mass man. The unit man is the one known, but is constantly being born out of the unmanifested and again dying into it.

The mass man is a crystallization of all the past, along the individual line of heredity. The mass man, which is the real man, has potentially all the power possessed by all the ancestors of each mass man, but only a small fragment of that power can be utilized by each of us. We are immensely more powerful than we know. Mentally speaking the manifested man of any one moment is the self-consciousness of that moment. This leads me to speak of a distinction necessary in our knowledge. We have real knowledge and available knowledge. The former is what we actually know, the latter what is in the consciousness at any given time. We act not from our real knowledge but from our available knowledge. When I choose I must choose of what is in the self-consciousness. I am of course speaking of voluntary choice. The mass man can choose and does choose beneath the plane of consciousness but we are now concerned with the conscious segment. This brings us to a second proposition.

Our moods, attention, and recollection select from the mass man the material that constitutes the unit man.

It is necessary to keep in mind that all that portion of my real knowledge not in consciousness and available is for that time a part of the unmanifested, or mass man. With this in mind re-read the above proposition and its importance will commence to dawn upon the mind.

By mood, I mean a state of mind where feelings dominate. If reasoning is active at all, it is subject to the feelings that for the time rule. For instance, we have optimistic moods, pessimistic moods, angry moods, acquisitive moods, musical moods, fearful moods, etc., etc.

It is a well known psychological fact that these moods tend very strongly to dominate the attention. This is true because we mostly use involuntary rather than voluntary attention. In the one case we drift, in the other we use effort, and at least feel that we do something to determine results, and personally, I claim that we really do.

It is also perfectly clear that mood and attention, through their influence over the association of ideas, control recollection. We have many reasons for believing that

memory is perfect, but we all know how unreliable recollection is, and few have taken the pains to see that mood and attention govern the awakening of these memories. Attention is the search light of consciousness. It lights up not only the past ideas but the present ones as well. Perhaps it would be better to say that an awakening idea, whether from past or present, must pass the portal of attention, in order to reach the chamber of consciousness. If this be true, how important that attention should be, to a greater or less degree, in the hands of volition. I can agree to attend to this or that topic and refuse to attend to the other, but the task is herculean when these topics are outside the grasp of the reigning mood. The importance of even a limited control over the attention, and of the possibility of directing that attention to subjects differing from the mood and thus being able to awaken or determine other moods and recollections, will be quite apparent when we glance at the next statement.

Our moods and attention when uncontrolled constitute a suggestive condition.

The suggestive condition to which I refer in this statement, is a susceptibility to outside influence—a susceptibility that renders it possible for an outside idea, *if in harmony with the reigning mood and attention,* to force itself into consciousness, though not belonging to the stream of ideas constituting consciousness at the time.

Just to the degree that I am able to direct my attention from within, *voluntarily,* am I able to stand out against the intruding idea, and if the mood can be changed or modified at the same time, I shall become doubly safe. And that both these are possible to a considerable degree, by auto-suggestion, none will deny who have given it a fair trial.

I have been greatly aided in the use of auto-suggestion by the following procedure: I confine the use of my own name to self-consciousness. When I say I, I means this self-consciousness only.

I also give a name to the mass self, and then talk to it just as I would to a person who had the powers it has. Remember what this mass man is—a crystallization of all the powers of my own line of heredity. It has built the body I use and kept it up to present standard of repair all along. I do not mean this in a theosophic sense, but literally. The life in the original combined cell from which I developed, *did build the body,* just as the life in the egg builds the chicken, and just as literally as that. This mass man never sleeps, never forgets, never grows weary, and, as I believe, never grows old, and never dies. It has telepathic powers, clairvoyant powers, and how many others I do not now know. It is the only power known that can build or repair the tissues of my body, and all methods of treatment are really only to remove hindrances to the work of this mass man. With all these things in mind, I talk to this man (whom I have named to make it more personal, for convenience and definiteness as well), as I should to a friend, asking for what I want. I endeavor to get better acquainted with him all the time.

By this means I am able to control, to a greater degree than by any other known to me, the moods, attention, and recollections that constitute the I, the self-consciousness.

The ability to awaken a particular mood, or to direct the attention, or to take advantage of these as they already exist, is the secret of successful suggestion.

It is no uncommon thing to read in the literature of the day, that suggestive power is the influence of one mind over another—that there is a special emanation from one, that enters into another mind carrying its message with it. Whether there is any truth in this theory or not I do not know, and I should not be surprised if the future demonstrated to us that there was a soul of truth in it. But be that as it may, it is not necessary to invoke that idea to explain all we know now of suggestion. We have a far simpler and more probable explanative advanced in the above proposition.

Re-read what I have already said of mood, attention, and recollection, and their control over the self-consciousness of the moment. We have in the proposition three things to consider:

1—Ability to awaken a particular mood.

2—Ability to direct the attention of the subject.

3—Ability to take advantage of existing moods and attention.

When we remember that in every mood the element of feeling is dominant, we can see that, to awaken a particular mood, we must awaken the feelings that are harmonious with that mood. To do this is not difficult in those who are suggestible, that is, those who are moody with wills not too strong. It is often easier to direct the attention of the individual than to awaken a mood directly. If we can accomplish this to the degree of awakening spontaneous attention, the individual immediately becomes suggestible to a marked degree. The degree will vary according to the individual make up—a point we have no time to consider now.

And again, it is often possible in those in whom we can not awaken the desired mood, nor direct successfully the attention, to take advantage of a reigning condition of mind, such as a religious bias, ambition, fear, social feelings, love of money, a musical or some other tendency, when sufficiently active to be a ruling condition of mind.

From these remarks it is easy to see without further comment that the next proposition is true.

The suggestive condition is in many of us always present. Why?

Because so many of us are scarcely ever in a condition to exercise voluntary control of our moods and attention. It is because of this that we so often fall victims to slick-tongued salesmen and sharpers. It is not so often because we do not really know better, but because *we do not think* and have no other than suggested acts in our mind at the time. Our *real knowledge* may be all sufficient, but the *available knowledge* is too meager, on account of the reigning mood and narrow field of attention. This leads to the last point I wish to notice at this time.

Safety in suggestive matters is not in neglect and ignorance, but in knowledge.

The newspapers are constantly full of some dire results of hypnotism, with the sage advice to let such matters alone. The writers evidently feel that that is all that is necessary. These people forget that the hypnotic state is not the cause of suggestion, nor a necessary condition to suggestion, but on the other hand, one of the results of suggestion. To stop studying hypnotism will not free any one from the ill effects of suggestion. Suggestion is very much wider than the one state hypnotic. It is not necessary to be asleep or hypnotized in order to do through suggestion what we would not otherwise do. No individual in whom Feeler, of whom I have written previously, is dominant, is

safe from the possibility of extrinsic influence to a degree not consonant with safety and soundness.

But ignorance is no more a haven of safety here than in other matters. Knowledge alone can free one, and that knowledge must be in the hands of volition and reason to be a safety. We must cease to give so much power to the hypnotic state, under the illusion that some degree of hypnosis is necessary to suggestion, when the fact is that it is itself but one of the legitimate fruits of suggestion, and even if we call it a curse, it is only one of the curses of suggestion and by no means the worst, or widest, being in fact as nothing compared with suggested acts at large. Remember that anyone whose reigning mood and attention are involuntary is in a suggestive condition, however wide awake he may be. Remember also that mood and attention control absolutely our recollection and that if I act now, I can act *voluntarily* only according to what is *self-consciously* in my mind.

How ridiculous then to imagine that a mere letting alone can avail us anything. No. Our safety is in knowing that we must learn to do our own thinking, according to our own choosing. We must strengthen our voluntary powers and back them with a knowledge of the suggestive condition and how to avoid or control it as we choose.

Once this is done we shall find that like most of the devils of this life, it is really an angel in disguise.

When intelligently controlled and utilized it is the greatest power for good known to man today, but let run riot and at the mercy of ignorance and charlatanry it is one of the curses of the times.

Auto-suggestion rightly used is one of the most powerful agencies known for control of morals, and of health.

Let us not shrink cowardlike into the dark for fancied security, but walk boldly into the light of knowledge and all the bats of darkness will slink away.

Oh, friend, never strike sail to a fear. Come into port grandly, or sail with God the seas.—*Emerson.*

Finish every day and be done with it. You have done what you could; some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; you should begin it well and serenely, and with too high a spirit to be cumbered with your old nonsense.

"When you find a person who has reached middle life, who has no complaints to make, who has more than a usually gracious manner, a serene temper, a sympathy seemingly without limit and hope that is infectious, depend upon it, you are in the presence of one who has come by the thorn road, who has carried his cross with bleeding feet, who has known Golgotha, and who has out of the depths of black despair entered into peace through accepting the wormwood and drinking all of it."—*The Philistine.*

Steep

An optimist falling from a tenth story window, called out cheerfully as he passed each story, going down, "All right so far!"

Distilled Water and Longevity

ELMER ELLSWORTH CAREY, Chicago.

Written for SUGGESTION

When a piece of wood is immersed for a period in certain mineral waters, the wood cells thru a chemical action similar to that observed in electro-plating, are replaced by molecules of minerals, and petrifaction ensues. In petrified wood, the form and markings of the original are distinctly seen. At rare intervals surgeons find a human kidney that has actually become petrified—a stone kidney—and sometimes in post mortem examinations veins are found which are brittle, and which crumble at the touch. In old age the various organs are partly petrified—ossified is the term used in the text books. But petrifaction is the proper term. The cells of the muscles, arteries, etc., are not replaced by osseous deposits, but by mineral matter.

What is the cause of old age, and how may it be prevented? Old age is not an inevitable condition; it is an accidental state caused by ignorance and wrong living. The daily press recently chronicled the case of a Russian peasant who had baptismal and marriage records to prove that he was 200 years old. The United States census report for 1900 gives the names of two persons over 150 years of age. I instance these cases to show that there is no reason why death should occur from old age, per se. If one person can live to be one hundred or two hundred years old, why not another? If the human race lived strictly under a rational hygienic dispensation, death would never occur from old age, under several hundred years.

Suggestion is now mainly responsible for keeping the limit of life at about eighty years. For thousands of years man has been taught that he would die at about the age of 70; consequently when in the neighborhood of this age, man begins to look for death—to expect death—to believe in death—and he is never disappointed. The mineral salt deposits in the body commence to manifest themselves between 40 and 50 years of age. These salts are derived mainly from ordinary drinking water, altho cereals contribute their share. The presence of an excess of lime retards the functions of all organs; all processes are hindered; the various bodily systems act slowly; this favors the additional deposits of more salts. The functions of the organs are still more restricted. We say the man is "aging rapidly." As the body becomes weaker the organs become weaker, and mineral deposits quickly accumulate. The victim is rapidly becoming petrified. All organs are clogged; the vital powers are lowered, and as the petrifaction proceeds, death approaches; finally the muscles of the heart become so dense that their elasticity is gone and death ends all. When one dies from "old age," he dies because his body is partially turned to stone. If we can keep the percentage of water in the body at 80 or 85, we will never die of old age. To maintain the proper pro-

portion of aqueous elements in the system, no liquids but distilled water should be used for drinking or cooking; and furthermore, foods containing a high percentage of mineral salts, as cereals, should be eaten sparingly. When the ideal hygienic race conditions prevail, man will live on distilled water, nuts and fruits; and he will understand the art of mastication; he will breath pure air twenty-four hours out of the day; he will spend many hours daily in the sunshine; he will take enough exercise to keep the body supple, and his mind will be free from worry, care and anxiety; he will not expect death at any particular year or time, nor will he think about dying; children will not read the deadly suggestion about "three score and ten years," and they will be taught how to build and mould the body by mental processes; all suggestions will be for health, strength and vigor. Bulletins from the bedside will be abolished, and "drugs" will exist only in the dictionaries of the antiquarian.

The first step in the physical regeneration of the race is a crusade against ordinary or "raw" drinking water. When distilled water is universally used humanity will take a long step forward. It is the duty of the state to see that only perfect drinking water is used; we look after cesspools, drains, noxious odors, plumbing, adulterated food, etc., and the water supply is more important than all these. If distilled water was in every home the board of health would have to go out of business.

"But a German doctor stated that distilled water is injurious," remarks a reader. He did, but his statement is false. His remarks in substance are as follows:

"By 'chemically pure water' we usually understand perfectly fresh, distilled water, whose behavior and properties are well understood. It withdraws the salts from the animal tissues and causes the latter to swell or inflate. Isolated living organic elements, cells, and all unicellular organisms are destroyed in distilled water—they die, since they become engorged therein. They lose the faculty, upon which life depends, of retaining their salts and other soluble cell constituents, and consequently these are allowed to diffuse throughout the water.

"Distilled water is, therefore, a dangerous protoplasmic poison. The same poisonous effects must occur whenever distilled water is drunk. The sense of taste is the first to protest against the use of this substance. A mouthful of distilled water, taken by inadvertence, will be spit out regularly. The water once in the stomach, the superficial stratum of epithelium experiences a powerful distension, the cells are leached by their salts, die, and are cast off. This local poisonous effect of distilled water makes itself known by a sensation of uneasiness, belching, etc., furnishing all the symptoms of a catarrh of the stomach on a small scale.

"The harmfulness of the process so much resorted to today, of washing out the stomach with distilled water, is acknowledged; and we find the physicians who formerly used that agent are now turning to the 'physiological solution of cooking salt,' or 'water with a little salt,' *or the mineral waters recommended for the purpose.* The poisonous nature of absolutely pure water would scarcely have been recognized and felt long since, were it not that its effects in their most marked form can seldom occur; for through a train of circum-

stances 'absolutely pure' water can rarely be found."

The attack on the daily use of distilled water by an alleged Dr. Koppe was inspired by the owners of mineral springs in Europe; and it has been stated that Dr. Koppe is a myth. The statements credited to him are a tissue of falsehoods—there is not a word of truth in any of them. Distilled water has no deleterious action on living tissue; distilled water is not poisonous, but the only elixir of life that will be discovered. It is quite true that micro-organisms will die if placed in pure water; they die because there is no refuse for them to feed on. This is one of the strongest arguments in favor of distilled water. When all the fluids of the body are made up of distilled water there will be no fear of germs—a disease germ cannot live in a system that is 80 per cent *aqua pura*. The mythical doctor's statement that absolutely pure water can rarely be found is as false as the others. In every large city of the United States absolutely pure water is delivered to your door at prices varying from six to ten cents per gallon, while in thousands of homes are small stills which make an abundance of absolutely pure, aerated and appetizing water. All health specialists of the advanced and rational schools of nature-therapy today advocate the drinking of water, from two to three quarts daily; it is conceded that perfect health is impossible without an abundance of water. It does not need an argument to show that this water should be *pure*, and if an argument were needed the United States army and navy have supplied that argument beyond cavil.

The great, ever present danger in "raw" water is not germs—it is the mineral matter which is not needed in the human body, as sufficient cell-salts are furnished in a natural form by the solid food. The earthy material is simply refuse; it makes additional work for the excretory organs, and all of it cannot possibly be eliminated. Hence, the gradual clogging of the system, which brings on a condition known as "old age."

Knowing that the daily use of distilled water in the army and navy has been attended by the most gratifying results, letters were addressed to the government medical departments asking for definite and authoritative statements as to the health giving qualities of absolutely pure water. Sailors have been under daily observation by medical officers for years; army officers have had ample opportunity to study the drinking water question at short range at home and in Cuba, China and the Philippines, and the result is that sufficient evidence has been collected to settle for all time the desirability of distilled water as a daily drink, and its value in preserving health.

One of the first labors of the medical department of the army in the Philippines was the erection of distilling plants in the city of Manila; from these plants distilled water was supplied to all the camps and garrisons in and around the city, and it is not an exaggeration to say that today every soldier in the Philippines is within reach of a barrel of chemically pure drinking water; and just as surely as he departs from this barrel in quenching thirst, just as surely does he invite disease and death.

While thousands of our soldiers have died in the tropics from cholera, dysentery, typhoid and various intestinal disorders, the sailors of the navy are practically free from zymotic disturbances. Why? Sailors drink *pure* water, and the only *pure* water is distilled water.

The office of the chief surgeon of the army very promptly sent the following reply in answer to the inquiry from SUGGESTION:

Communications on official business should be addressed "To the Surgeon General, U. S. Army, Washington, D. C.
Subject:

In reply refer to No..... **WAR DEPARTMENT,**

Surgeon General's Office,

Washington, March 30, 1903.

Mr. Elmer Ellsworth Carey,
#4020 Drexel Boulevard,
Chicago, Illinois.

Sir:

In answer to your letter of March 28, 1903, I am directed by the Acting Surgeon General to state that existing orders in the Philippines require all drinking water used by United States Troops to be distilled, or at places where this cannot be done, to be boiled twenty minutes. It is not too much to say that this precaution has saved an enormous number of lives during the prevalence of cholera and has prevented many cases of typhoid fever, dysentery and intestinal parasites. Cases of cholera among troops in the Philippine Islands have been repeatedly traced to drinking impure water in violation of this order. No deleterious effect of any kind has been attributed to the daily use of distilled or boiled water.

Respectfully,

Walter McCaw

VE Major, Surgeon U. S. Army.

From the bureau of medicine and surgery, navy department, was received the following clear cut and decisive letter:

Address Bureau of Medicine and Surgery, Navy Department,
and refer to No.

7 8 1 5 1 JFU-H

WASHINGTON, D. C.

April 4, 1903.

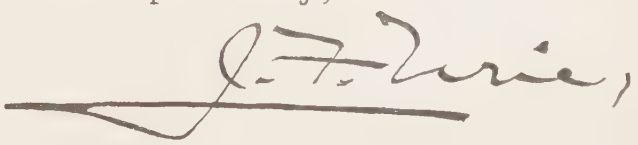
Mr. Elmer Ellsworth Carey,
Editor, Suggestion Publishing Co.,
4020 Drexel Boulevard, Chicago, Ill.

Sir:

Replying to your letter of the 28th ultimo, requesting an expression of opinion as to the value of distilled water in preserving health and preventing disease, as derived from the experience gained in its use in the Navy, I have to state that there can be no two opinions as to the protection distilled water affords to crews of vessels and to stations of the Navy against infection from such diseases as are water-borne. When only distilled water is used for drinking and other purposes diseases of this class, as for example, cholera and typhoid, are little feared. It is conclusively proven that a large number of diseases to which human beings are a prey are introduced into the economy by means of contaminated water used for drinking purposes. Distilled water, as prepared and stored for use in the Navy, is of course free from infectious agents, and its general use is a source of great comfort to the Medical Officers who have the maintenance of the health of the many men in their charge. When the water supply is under control, as on board vessels of war, little apprehension is felt of the introduction of cholera, typhoid, etc. The numerous animal parasites that prey upon mankind and that are known to be water-borne find little place in the medical statistics of the Navy.

In conclusion I would say that the general use of distilled water in the Navy is considered one of the principal factors in establishing the high standard of health that is maintained in the Navy of to-day.

Respectfully,



Acting Chief of Bureau.

And to show that the daily use of distilled water extending over a long period was beneficial, another letter was addressed to the bureau of medicine and surgery, navy department, to ascertain *how long* this "dangerous protoplasmic poison" has been in use, and some may be surprised to learn that our Jack Tars have been drinking the deadly (?) product for twenty years or longer. Regarding the length of time distilled water has been in use in the navy, the following letter speaks for itself:

Elmer Ellsworth Carey, Esq.,
Assistant Editor and Manager, "Suggestion,"
4020 Drexel Boulevard, Chicago, Ill.

Washington, D. C., April 9, 1903.

Sir:

Replying to your letter of the 6th instant, I have to state that there is no record to determine the exact date upon which distilled water began to be used in the Naval Service. It is probable that, to a greater or lesser degree, it has been in use since the introduction of steam as a motive power in the Navy. My experience covers a period of twenty years, and in that time distilled water has been employed with a growing field of usefulness.

Respectfully,
J. F. URIE,
Acting Chief of Bureau.

According to the *Journal of the American Medical Association*, the remarkable increase in the demand for distilled water has called forth an article by one Dr. Koppe, which has been traced to having been written in the interests of the Carlsbad Springs of Europe; and a wide circulation has been given to it in this country by certain mineral springs and filter companies. Scientific and medical journals have only noticed it to contradict it. Two short quotations will give the tenor of their replies. The first is from Homer Wakefield, M. D., of Bloomington, Ill., who is the author of several works on water. He says:

Arthur R. Reynolds, M. D., commissioner of health, Chicago, uses the following language:

"The inference that water deprived by distillation of 'organic elements, cells and all unicellular organisms' is unwholesome is preposterous. We are not expected to extract organic nourishment from the water we drink or from the bacteria therein contained. This remarkable article deduces that distilled water is a 'dangerous protoplasmic poison,' because of the absence of inorganic elements. It should be added here that rain water as is falls from the clouds is aerated distilled water; it is the most healthful known. * * * Rain is nature's production of water free from impurities. Any amount of it can be taken into the system without fear of detrimental results. Physicians know that it is the best solvent of inorganic secretions in the body, and engineers know it is the best boiler compound, following the use of hard water and the consequent formation of incrustations. Extreme purity is a virtue, not a fault, of water. Beware of an author who contends that contaminated water is conducive to health."

The other is from Dr. J. H. Kellogg, the physician-in-Chief of the Battle Creek Sanitarium, who, in replying to the Koppe article, in *Good Health Magazine* for June, 1899, says of distilled water:

"It is free from germs, free from injurious salts, from lime and other substances with which they are found in combination, if not always of the same uniform quality. It is a pity that such an unscientific and misleading statement should be allowed to appear before the public."

Apropos to the above remarks, the following from *Health Culture* is interesting reading:

"Any chemist will confirm the statement that the mineral salts in water are inorganic in structure, and that no inorganic substances can undergo the process of digestion and assimilation in the human system. The soil in which our grains and vegetables grow is also inorganic in form, but the wheat and potato which the soil produce are organized food materials. One might eat a peck of the richest loam three times a day and yet starve his bones, muscles and tissues for want of nourishment. The mineral salts in water are nothing more nor less than the disorganized soil. They not only fail to supply any part of the body with nourishment, but cause serious trouble."

"Distilled water is the acme of purity. Nothing can be purer than that which is absolutely pure. For medicinal purposes, the highest authorities are agreed that pure water is preferable to the so-called medicinal spring waters. The latter all contain more or less impurities in the form of earthy salts or organic matter, which is not the case with distilled water. For flushing the kidneys, stimulating the sluggish liver, eliminating waste

matter from the system; indeed for all affections in which medical waters are believed to be efficacious, pure distilled water furnishes the long-sought desideratum."—*Dr. R. N. Tooker, Chicago.*

Dr. C. W. DeLacy Evans, surgeon to St. Savor's Hospital, London, says: "The combinations of lime held in solution in the water we drink, when taken into the stomach are soon distributed throughout the system and deposited in all the tissues exactly as they are precipitated and form incrustations on the bottoms of kettles in which water is boiled. The result is general induration, partial and often, in some organs and tissues, complete ossification. The bones become brittle, the joints and muscles stiff and rheumatic; gravel and stones form in the bladder, the kidneys, liver, heart, nerves and brain become indurated and sluggish in their action, all the bodily functions are impaired, the nerves weaken, the mind loses its vigor, the memory fails, senility and death creep on.

"Used as a drink *distilled water* is absorbed directly into the blood, the solvent properties of which it increases to such an extent that it will keep in solution salts already existing in the blood, prevent their undue deposit in various organs and structures, favor their elimination by the different excreta, and tend to remove those earthy compounds which have already accumulated in the body.

"There is no doubt as to the *high value of distilled water* used freely as a retarder of the *ossifying conditions* which appear to constitute the conditions of old age."

Health Commissioner Reynolds of Chicago authorizes the following statement:

The public should be instructed frequently of the dangers that lurk in the use of impure water. They should be taught that most of the lakes and streams in the country are polluted already, and as the population multiplies the danger of further pollution will greatly increase. They should be taught that water that comes from wells and springs is not necessarily pure, for it may flow from a soil that is polluted. *They should be taught that filtration nor boiling does not remove all the poisons, while neither removes the lime or any of the salts it may contain.*

It may safely be taught that the only absolute pure water is that purified by distillation. Instruct the public how distillation can readily and cheaply be done. It furnishes a fruitful field for the genius that will devise a small distilling apparatus for the use of every family.

It would be safe to teach that the generous use of pure water both within and without the body has never yet done any harm; that the functional ailments that afflict the great host of mankind, are in a great part due to the fact of the imperfect elimination of waste matter, and that generous libations of pure water is a most potent agent to flush them from the body, through the skin, the lungs, the kidneys and the bowels. The diseases caused by impure water are numerous and fatal."

Dr. Thomas J. Hudson is the author of a new book, "The Law of Mental Medicine." This book will be ready in a few weeks; advance orders have exhausted the first edition. Suggestion readers can send orders to this office; price, $1.20. We have reserved a number of copies, and will promptly fill orders. Send us $2.00 for two subscriptions to Suggestion and we will mail a copy of the book post paid.

Invalids often think they need more rest, when all they need is less medicine.

SUGGESTION

A JOURNAL OF PSYCHO-THERAPY

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IT IS THE aim of the editor to find a basis of fact on which to govern all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.

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EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. In the event that a renewal is not made at once, however, we assume that it is the subscriber's desire to have SUGGESTION continued, and our record is arranged accordingly unless we receive definite instructions to discontinue.

This is done in order to give those who may have overlooked their renewal and those who may not find it convenient to remit at once a chance to keep their files complete. We do not wish to appear unduly lenient or to give the impression that SUGGESTION is in any way a free magazine. It takes money to run SUGGESTION, and we shall be thankful to receive prompt renewals from our subscribers.

If we do not receive notice from a subscriber to discontinue sending the magazine, we shall take it for granted that he desires his subscription extended for another year.

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FRIEND, when this paragraph is marked it means that your subscription has expired, and that we cordially invite you to renew the same. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued — forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine? EDITOR.

EDITORIAL

Occasionally the daily press contains an alleged account of some crime committed under hypnotic influence. There is no foundation for these "yellow" stories except ignorance, a wish to shift the blame and a desire for something sensational. The daily paper must have headlines heavy and black; an ignorant fool caught in crime must say something in mitigation; those who question him know nothing of hypnotic powers, and so we have all the elements of a sensation. Sometimes a half witted tramp or negro, being in the neighborhood when a crime has been committed, will assert that he is the guilty one; that he was hypnotized, etc. When any heinous crime remains unsolved there are always numerous cases of cranks who claim to the perpetrator. It would not be necessary to notice these things if there were not so many persons who are prejudiced against suggestion and hypnotism on account of these misleading accounts above mentioned. No one ever committed a wrong under suggestive influence unless he wished to. Eve suggested to Adam that the apple was very fine; she "hypnotized" him and he did eat, but she did not have a very hard job. And it is ever thus.

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The medical journals are leavened with a new thought—at least a thought that has not yet found lodgement in the brains of many physicians. These new ideas might be appropriately called the "Medical New Thought." It is apparent that the medical world is in a transition period. The pendulum has started to swing in the other direction.

We refer to the idea found in almost every medical journal that possibly there is something besides drugs indicated in disease. Twenty years ago such an idea would have been scorned. But today this idea is growing fast. We publish in another column some extracts showing the trend of thought regarding therapeutic measures. Every doctor knows of scores of cures made without the use of authorized remedies, or without any remedy; persons denominated as "quacks" often cure without regarding the pharmacopœa.

The medical journals comment on these things. Thinking editors and practitioners are asking; Why do drugless methods cure? Why do mental healers cure cases we have abandoned? Why cannot we cure such cases? Is there anything more for us to learn about therapeutics? Does the possession of a Latin diploma insure medical infallibility?

Many physicians confess that they are puzzled by these things. The honest man will admit that if disease can be cured without drugs, it were better so. "But drugs do cure some cases," comments the reader. Yes, some cases; and some cases are cured by the no-breakfast plan; by the complete mastication plan; by the breathing and exercise plan; by the Mother Eddy plan; by the absent treatment plan; by the out door plan; and by numerous other plans. Some sanitoria effect many cures by natural methods—all

drugs being eliminated. Is it not possible that there may be some principle of therapeutics underlying *all* these various processes? May not even the efficacy of drug treatment, in many cases, depend upon this mysterious law? What is this law, and what are its limitations?

There is a demand for information along these lines; it is beyond question that many diseases can be absolutely cured by methods other than those usually followed by the profession. It is the duty of the doctors to understand the underlying principles of drugless healing; to know when to employ psychical, mental and physical means; sometimes nothing in the world is wanted but a restricted diet; sometimes the trouble is psychical; sometimes the mind is depressed and bodily ailments follow; sometimes the malady will disappear when two or three quarts of water are drank daily; in many cases suggestive treatment is indicated; and it is surprising in how many cases well directed and intelligent suggestions are efficacious.

We trust that physicians who want light on these questions will communicate with us; we will cheerfully answer all questions, and try to start all inquirers in the right direction. We also invite communications from physicians concerning cases where drugless methods have proved successful —especially in cases where drugs are usually indicated. The time in the world's history is past for the practitioner to fear to investigate; when he fears ridicule or the criticism of his associates; and any physician can investigate these matters fearlessly. The Medico-Legal Society of New York through its phychological section is now investigating telepathy, modern spiritualism, psychical research matters, hypnotism, psycho-therapeutics and clairvoyance. It may be said that the medical fraternity is fully committed to the study of methods, other than drug-giving, useful in the prevention of disease and the treatment of the sick.

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IMPROVEMENT and progress is the basic word of the universe. We have snipped off a little chunk of that word and are applying it to Suggestion. We are improving and thinking about improvements. Our brain cells are attuned to ideas of progress, and so telepathic suggestions are in order; or any other kind of suggestion.

Next month we commence a new volume. In honor of that event we will make more improvements. We want to warn the SUGGESTION family, so when they see us coming they will not think we are the other fellow. We are the same SUGGESTION; our nature will not change, but we will change our dress. A handsome cover is now in the editorial incubator, and will hatch in two or three colors by July first, and we will do away with the double columns and use the stately wide measure, which will make the type matter four and one-half inches wide. This will allow the printer to use neat initial letters. All this, with the new department headings will give SUGGESTION a handsome dress of which it will doubtless be proud, and so it will try to be a better magazine and continue to receive the affection and respect of all its readers.

Then the editor feels that he must do something to keep up with the procession, so he is hard at work preparing matter for a special department on Auto-Suggestion, to appear first in the July number. This department will be a feature during the remainder of the year, and will be of the greatest importance to every reader. It will tell how to relax, how to induce the suggestive state, how to rest mind and

body; how to use auto-suggestions; how to overcome fear, worry, nervousness and bad habits; how to gather confidence and strength; how to improve health; how to banish disease habits; to overcome hypochondria. And mind you, how to do all these things *yourself;* and furthermore, to explain to you the scientific basis for auto-suggestion so it will be divested of all mystery, cant and superstition. These articles will show you that absent healing is self healing, that all forms of faith healing are self healing; that the subtle law of suggestion, not understood by the healers, is at the root of all forms of therapy. These articles will be worth untold values to every one, and the whole tribe of "healers" will not love SUGGESTION for printing the truth about these things. The magnetic healers will rave; the faith cure folks will scowl, and the honest and sincere Christian Scientists will look coldly upon us and say we do not exist, that we are naught. But the honest investigator will look into these things and discover that the law of suggestion permeates every mind; its ramifications include all psychological processses, and it acts when unsuspected and unknown, but never the less surely; it is indelibly impressed upon the very essence of being.

So watch for the July SUGGESTION; order your copy early from the newsdealer if you are not a regular subscriber, and tell any friend who may be interested in self-healing or self-improvement.

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COMMUNICATIONS and articles are solicited from doctors, dentists, teachers, nurses and others who have had favorable results from the practice of Suggestion. All communications should be concise, plainly written in ink, on one side of the paper, and not rolled; clippings bearing on the various points within the field of SUGGESTION are also valuable, and friends are invited to send us any which may come under their observation.

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Subscribers who are interested in spreading the doctrines taught in SUGGESTION, can send six names with twenty-five cents, and sample copies will be mailed; fifty cents will send a sample copy to twelve friends.

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Subscribers sending $1.00 for a new subscription can also select any six back numbers for 1902 or 1903, which will be sent post paid. We also mail these premium numbers to separate addresses.

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If you start to tell anyone of your troubles and he turns the subject and doesn't give you a chance, hunt him up afterward and thank him for it.

Motzorongo Excursionists

After a three-months' holiday spent in Mexico, I have returned to Chicago with renewed energy, to take up my chosen work of ministering to the sick and giving instruction in the use of Suggestion in recovering from mental and physical troubles.

While in Mexico and since my return to Chicago I received many letters from subscribers asking about the Motzorongo plantation and the excursion that visited the plantation. I have endeavored to answer these letters privately, but for the benefit of the large number of readers that have invested in Motzorongo stock I will tell you something about the excursion and the impression the visit to the plantation made upon the excursionists.

On Tuesday, March 17th, the excursion, composed of readers of SUGGESTION, left Chicago and arrived in Mexico City March 22. After a stay of two days' sightseeing in the city including a visit to a bull-fight, the party left city for Motzorongo, still occupying the car Silecia in which they slept while in Mexico City. Leaving Mexico at 7 a. m. they arrived in Cordoba at 4:30 p. m. after enjoying what the guide books describe as the finest scenery in America. Every member of the party unhesitatingly pronounced it the most beautiful scenery he had ever seen. During one part of the trip—between Esperanza and Orizaba—there is a fall of 4,000 feet in twenty miles. The train winds in and out and around the mountains while making this descent and the scenery is truly glorious. It has to be seen to be appreciated.

The night of March 24th was spent in the car at Cordoba and at 7 a. m. March 26th the car was taken out of Cordoba on the Vera Cruz and Pacific Ry. At 9:30 a. m. the same morning the excursionists, twenty in number, stepped out of the same car they had entered in Chicago upon the platform of our station and store at Motzorongo. Having spent over three weeks on the plantation previously, I was able to stand on the rear platform of our car and point out the boundaries of Motzorongo as we came to our property. I shall never forget with what pride I pointed out our fields of sugar cane as we came to them, for they were by far the finest we had seen, and the railroad runs beside the cane fields for over three miles. The laborers could be seen at work all over the plantation; some cleaning the young cane, some plowing with oxen, while others were clearing the land and burning the brush—all preparing the five hundred more acres of ground that are to be planted in sugar cane by July 1st.

The party was warmly received by the plantation manager, Mr. Paul, and his family, my father and mother and my wife, who had stayed on the plantation while I returned to Chicago to accompany the excursionists. Our buildings, including store, station, dwelling house, and sugar mill made an excellent impression on the visitors, for they were by far the best group of buildings we had seen out-

side of the large cities. In fact, our plantation house is by far the best house built on the American plan to be found anywhere in the tropics. It contains twenty-five bed-rooms and was constructed at New Orleans and taken to Motzorongo by General Pacheco the former owner. For several nights, during the visit of the excursionists, forty-two persons slept in the house and the food for this small army was prepared by two Chinese cooks and served in the large dining-room which runs across the whole width of the back wing of the house.

The first day was spent in inspecting the house and store, the crops in the vicinity of the house, and the immense sugar mill on which expert mechanics were at work getting every pipe, tape, belt and screw into perfect order for the handling of our enormous crop of sugar cane from which we shall be turning out thousands of tons of granulated white sugar in a few months.

The second day the visitors, mounted on mules and horses, rode through the sugar cane fields to the other railroad station on our property—Presidio. From this point they rode over the ten thousand acres in the properties known as Presidio and Ojas de Agua. Although the party started early in the morning it was after dark before the sight seers reached Motzoronga again, a very enthusiastic crowd.

The next morning another trip was made to the cacas and sugar cane fields and the source of the Motzorongo river where it gushes out of the rocks at the base of a mountain. This time the ladies of the colony and the men upon whom the long ride of the previous day had been particularly severe were taken to their destination on the company's narrow guage railroad, the observation car and a sugar cane car rigged up with seats being used for the purpose.

I obtained a number of fine photos of this group on the cars in the sugar cane fields. The sugar cane is between fourteen and fifteen feet high, and although this is the dry season at Motzorongo there is not a withered leaf to be seen in all the five hundred acres under sugar cane. This cane is between seven and eight months old and has not yet passed through a rainy season. However, the rainy season sets in about the 25th of May and the cane will be gigantic when the rainy season begins. Sugar experts claim that the yield of sugar cane in Motzorongo will be close to sixty tons to the acre. This marvelous growth is attributed to the excellence of the soil and to the fact that the young cane was thoroughly looked after according to American ideas of cultivation.

Every sugar planter in Mexico that owns a good sugar mill figures on a net profit of $200 in gold on sugar cane that runs forty tons to the acre, and if our cane comes up to the expectations of sugar experts, our sugar cane will yield a net profit this year of considerably over $100,000 in gold or more than 20 per cent on all the stock of the company that is entitled to dividends, even if every share of stock that has been placed in the market is sold this year. Next year there will be 1,000 acres of mature cane and the increase should be more than twice as great for the cost of running the mill will not increase proportionately.

After riding through the cane fields which were carefully inspected and the sugar cane sampled the party repaired to the source of the Motzorongo river and partook of a substantial lunch. A rest after lunch, then the mountain climbers

of the party climber over the mountain to the Motzorongo Company's property known as El Paraiso which consists of over 60,000 acres. While climbing we came to several different plateaus on which the natives were raising corn, beans, sugar cane, etc., and I obtained an excellent photo of the party in front of a native hut on a plateau near the top of the mountain. We did not go into the valley on the other side of the mountain, for the jungle is very dense; the soil in the valley being virgin soil covered with valuable timber. A few natives live on this property, having cleared little patches here and there. It is well watered and although we shall never be called upon to cultivate this property it is a very valuable piece of land to hold for future sale for it is increasing in value every day. It is not as accessible to the railroad as our other properties on which we have more available land than our company could hope to cultivate in a century.

The return to Motzorongo was accomplished about dusk, and after a little "after-dinner" music, a few songs and some recitations, the party retired early in order to be ready to make an early start next morning for another of the properties owned by the Company—Josephinas—said to be the finest 40,000 acres of level land to be found in one piece in the whole of Mexico.

Next morning the party consisting of fourteen men and six peons started on horseback. Several of the excursionists did not make this journey as they said they had seen enough of the property to know that everything was even better than had been represented to them; that they would rather avoid the long ride and would be contented with the report of those that made the journey.

After an hour's ride we came to Tezonapa, a station on the railway at the southern end of the Motzorongo property. Here we dismounted and inspected a large alcohol mill owned by two exiled Cubans. These men have only 1,000 acres of land, but every foot of it is planted in sugar cane and their product is sent to market in tank cars as soon as it is manufactured. Their cane is averaging forty tons to the acre. They obtain a barrel of "aguardiente" from each ton of cane and their product sells for $13.50 (Mexican) per barrel, in tank cars. They are running night and day and their output is from 250 to 300 barrels per day. When cane is manufactured into granulated sugar as on Motzorongo the profits are much greater; the alcohol alone, obtained as a by-product, pays all the expenses of planting, handling, and milling; leaving a clear profit of the money obtained from the sale of sugar, which amounts to about $18.50 (Mexican) from each ton of cane. From this you can figure the profits that will be ground out by the Motzorongo sugar mill, if its cane runs only forty tons to the acre. What will the profits be if the cane runs sixty tons to the acre as predicted?

Leaving Tezenopa we passed through the plantations known as Laguna Chica, La Union, St. Augustine and then we entered Josephinas. We ate lunch at the first native village, Palmar Chico. Then proceeding on our way we visited the Josephinas administration building and the small alcohol plant, and after crossing nine streams of running water and riding through the avenue of palms mentioned in the April SUGGESTION, we arrived at Filsapoapa, another native village. A rest there for a few minutes, a warm welcome from the Chief and his followers and

we proceeded to our destination Capulapa, arriving there at sundown after a very hard day's ride.

Capulapa is the town mentioned in my April letter on Josephinas and needless to say we were accorded a cordial welcome. As soon as I rode into the village my horse was surrounded by a crowd of natives who began to laugh from the moment they recognized me, for they had not forgotten the good time we had in my previous visit and they expected the fun to begin again at once. In this they were not disappointed, for from the moment our party arrived in this village till we took our departure two days later we entertained the natives and they entertained us, and their young bucks, as on my previous visit, ran beside our horses' heads for over half a mile as we left the village. There were four physicians among the visitors to Josephinas, so the sick natives were cared for, Dr. A. William Bixley, Watsonville, Cal.; Dr. F. A. Royce, ——, S. Dakota; Dr. W. V. Riddele, Burgettstown, Pa., and your humble servant—all old readers of SUGGESTION. Dr. Lynn, of Grundy, Ia., and Dr. Street, of Albert Lea, Minnesota, were also members of the excursion party, but remained at Motzorongo during the Josephinas trip. So you see the health of the excursionists was well looked after.

The natives dynamited the river and dived for the fish from the canoes as on my previous visit. I obtained some excellent photos on this trip—one showing a group of twelve of the party standing between the roots of one of the giant trees in Josephinas.

I described the property at length in the April number of SUGGESTION and the one description will suffice for both trips, as the excursionists found everything exactly as I had described it.

Before we reached Motzorongo, in the journey from Chicago, I was loud in my praises of the plantation, but when we reached Motzorongo I had a rest, for the whole party became enthusiastic and the praise they uttered spontaneously completely overshadowed anything I had said to them and anything I have written. The praise was even more bountifully bestowed on the ride to Josephinas and more than one member of the party said to me "Doctor, I don't wonder that you said this place was worthy the name, Paradiso. It is a magnificent piece of property."

After three days' visit to Josephinas we returned to Motzorongo and it would have warmed the heart of any investor in Motzorongo stock to hear the report the visitors to Josephinas made to the excursionists that had stayed behind at the plantation house at Motzorongo.

The next two days were spent in resting, then the majority of the excursionists took their departure, although a few prolonged their visit for nearly ten days more. The last to leave were Dr. Bixley and Mr. J. G. Bower, of Hagerstown, Md., who waited until Mrs. Parkyn and I were ready to return to Chicago.

How the Motzorongo proposition looks to the excursionists who have seen the property with their own eyes, can be judged best from the fact that every member of the party that had not already taken stock subscribed for stock at once, or asked that stock be reserved for him until he could return to his home and arrange for the money to purchase a large block of shares; and members of the party who already held stock, increased their holdings—in some instances doubling

their previous investment. One excursionist had decided to invest $1,000 if he found things as represented, but after his visit to the plantation he requested me to hold $5,000 worth for his partner, until he could get home and arrange to send the money.

I prefer at this time to let such facts as these tell their own story. They are the best assurance any of you who have invested can obtain, short of a visit of inspection for yourselves.

Before I left the plantation I made up a party of four, Mrs. Parkyn, Miss Paul (our manager's daughter), my father, Mr. James Parkyn and myself, and we rode over the Josephinas property again, and in returning visited a plantation, El Palmar, which adjoins our Josephinas in the northwest. El Palmar is a model plantation of 5,000 acres, owned by two wealthy Frenchmen. We stayed part of two days visiting this property, for I discovered there were 100,000 cultivated rubber trees on it, most of them eight years old this year. They were tapping these trees for the first time and obtaining one quarter of a pound of crude rubber from each tree and selling this rubber for $2.00 (Mexico) per pound—about 80 cents in gold.

This is the first successful rubber orchard I have heard of in Mexico but as it is a private concern and ten miles from any railroad it is not known.

Many highly capitalized rubber plantations have started in Mexico during the last few years, but as our Consul-General said, they are in an experimental state. For this reason the Motzorongo Company has never claimed it could make money out of rubber. But now that we know positively that rubber can be cultivated on every foot of our Josephinas property, on which thousands of wild trees are growing, I have been authorized by our plantation manager to say to my readers, that by the time the June number of SUGGESTION is in their hands the first of the first hundred thousand rubber trees will have been planted in Josephinas, and the planting will continue until we have at least 1,000,000 trees. There will be no dividends from rubber for nine or ten years. However the dividends from cane and cattle will be large enough in the meantime—they will be enormous in a few years—and when the rubber trees are ready to tap—well, I shall let you figure for yourselves. Rubber is easily cultivated, requiring no care after it is planted.

You will notice that I said the owners of El Palmar were getting a quarter of a pound, from each eight year old tree. Look at the prospectuses of the various Mexican rubber plantations and they claim they expect to get two or three pounds of rubber from their six year trees, and that the yield increases at the rate of one half pound yearly. Their claims will not square with facts. There are a few trees fifteen years old in El Palmar and from these they obtain about a pound of rubber annually.

I told the young Frenchman who has managed El Palmar for nine years that American companies that were planting rubber, claimed it was possible to get over a pound of rubber from a six year old tree and he said to me in polite French, "They are liars. If they attempt to take more than a quarter of a pound from their eight year old trees the trees will die."

Now that I have seen a mature rubber plantation with my own eyes, I know that rubber can be successfully cultivated in Mexico and that gigantic rubber orchards can be successfully developed on the Josephinas property, for it is only

separated from El Palmar by an imaginary line, both properties being part of the same beautiful valley.

On my last visit to Josephinas we found the natives, who have contracted to do 800 days' work per week for the Company, cleaning the land adjoining the administration building for the immense pastures that are shortly to contain thousands of cattle that will be purchased and fattened for market by the Motzorongo Company. The owners of El Palmar have made a great deal of money by purchasing their cattle and fattening them for market. Although it is a small private plantation they had a thousand head of cattle when we visited it, and they expected 500 more thin cattle within a few days. Their last cattle sold averaged $52 per head. They had bought these same cattle six months before for $31. Think of it! A profit of $21 per head inside of six months without cost for fattening, as there are fine pastures the year round in the district of which the Motzorongo properties are situated.

I have made this report more extensive than I intended, but I feel that I could not do the subject justice even in a volume. I should like to tell you about the scores of extremely amusing incidents that occurred on the various trips and I may yet have a chance to tell you of them. But I want every reader that is interested in Motzorongo to send me his name if he desires to receive a copy of the bulletin I shall publish shortly, containing a number of half tone reproductions of the most interesting photos taken on the trip.

A fine new prospectus will be issued by the Company in about four weeks, and in it will also appear many of the photos I have taken. The prospectus will be a work of art, so do not fail to write the Company for a copy.

Eleven states of the Union were represented in the excursion and I will send the names and addresses of the excursionists to any one that would prefer to hear from the excursionists themselves. However the bulletin I shall publish will contain letters from the excursionists.

Now, attention please! I have done my best to interest you all in the Motzorongo proposition, because I know it is the best "safe" investment the SUGGESTION family has ever had presented to it and as I have made a thorough personal investigation of it from every point of view and am a director of the Company, it is with pleasure that I recommend it to you all. And since it is such a good thing I want the SUGGESTION Family to own the bulk of the stock. You have done very well so far. $125,000 worth of this stock is in your hands at the present moment but I want you to take a firmer grasp upon the investment this month before the stock is all sold, so that in the July number which, by the way, will be a surprise to you, I can also surprise you by announcing that you own $200,000 worth of Motzorongo stock. This may be the last call I shall have a chance to make to you on this investment, so don't delay another day. If you don't know all about the Company and its 165,000 acre plantation, already, write for a prospectus to the fine new offices of the Motzorongo Company, 228 Reaper Block, Chicago, Ill. Note change of office from 208 Reaper Block to 228 Reaper Block.

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If some men would offer to kiss their wives the wives would have hysterics—or fits.

SMILES

The Canadians will kindly move over a little and make room for the India contingent just coming in—you can discuss King Edward between the acts. Those New Zealanders, right this way; you're to sit next the Norway people. The delegation from the Barbadoes, together with the Central Americans, please occupy this space here between the Greek and Syrian sections. Now we have the antipodes hobnobbing—all the members of the world-wide SUGGESTION Family. 'Tis our family gathering, and the gracious spirit of fraternity and good will, as insistent and as delightful as the spring sunshine, settles into every soul of us, and irradiates every face.

'Twas foreign talent promised for this meeting, you remember. But who to us Suggestionists can be foreign—a family made up of peoples from the uttermost parts of the earth, that includes so many tongues and kindred, from Occident and Orient, from the frozen zone to the sunny land of the lotus eater—who, to such cosmopolites, can be foreign? Surely we know no foreigners within the Suggestion family; and *what,* then, to a Suggestionist, may a foreigner be? Why, people outside the family, of course—some of the Neighbors—see? I've asked several of them to come in tonight and make some little speeches for us. (Texas, if you don't quit pinching Rhode Island you're going home; understand?)

They're editors, these Distinguished Guests of ours tonight—editors, every one of them, and they Write, and Say Things, till you'd think there's nothing else to be said for years to come. They Express Themselves, and everything else they can lay hands on, and they Advise the wayfarer as to the best routes through this Sinful World, what baggage to carry, etc., and they do insist, some of them, that there is no terminal station, and that it is the Happy Privilege of us all to go on and on after the fashion of a merry-go-round, if we can but continue to pay the fare. ('Tis all right about some people living forever, but there be folks I'd like to see reform a bit before they get an extended-time ticket for more than, say, one thousand years on this planet, wouldn't you? It's hard enough to get along with some people just an ordinary life time.) But that isn't all these Thinkers tell us: sometimes they say other things equally startling; not only that there is no use of man's dying, but that he may learn to subsist on air. (We haven't learned that yet, however, so please continue to pay up your subscriptions promptly!) Some of these editors, moreover, having found out all there is to know about this small world, and looking for new ones to conquer, are turning their attention to the neighboring planets, and are in touch with all that goes on in Mars and Jupiter—at least they make bold to repeat "What the Comets Confided to Susan," etc.—they are *astromogers,* as an old lady I know puts it. And they can tell by looking at your handwriting whether it was made by you, or whether it is little chicken tracks across the page—or if they can't do it themselves they know somebody who can. I haven't submitted any manuscript of my own, though,

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When mental work becomes mental worry it tells its own tale of lack of training, of an unorganized brain, ***and a defective memory.*** A properly trained brain works naturally and easily, unconsciously and without effort, making continuous thought a pleasure. ***Memory is the basis of all brain work.*** One may have knowledge and great natural ability, but without a ***good memory*** he is in no better position than an uneducated man. The memory can be developed and strengthened by an intelligent course of training, just as the muscles are developed and strengthened by physical exercise. It is simply a question of ***proper training.***

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One should be able to think of a subject for a half hour or an hour at a time, yet we venture that not one person in a thousand can think of one subject for a single minute by the watch, without the mind wandering off to other subjects. This mind wandering can be cured as surely as sunrise and taxes by ***The Pelman System.*** Taught in six languages: English, German, French, Italian, Dutch, Russian.

W. T. STEAD

Editor of the (London) *Review of Reviews*, addressed the following letter under date of March 29, 1902:

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I am, Yours truly,
W. T. STEAD.

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for 'tis not in the power of man to do miracles. But if these learned ones do show idiosyncracies, 'tis but the hall mark of genius, and the fact that they have brains—strong, keen, active, coherent gray matter inside their craniums, is altogether beyond dispute.

(Watch them now as they come out on the stage—here they are! See—that woman leading the way, and doing it with the mien regal of the Queen of Sheba, is Mrs Post—Helen Wilmans, you know. Her escort, the dreamy youth with the soulful eyes, is Frederick W. Burry—he's only twenty-nine, and he says he is not married, and is never going to be—I don't know who cares, besides himself; and more than likely it's only a Tom Sawyer ruse. The next is Eleanor Kirk, then Dr. Love—they both live in New York, and I asked the doctor to please step around and fetch Eleanor, as 'twas handy. Chesterfieldian, isn't he? Look, that's Elizabeth Towne—Elizabeth is in a class by herself, but just after her comes Henry Harrison Brown. Towne and Brown rhyme so nicely—and one's from Holyoke and the other from San Francisco, so I thought they'd enjoy exchanging climate stories. Isn't this a Galaxy? Not often one sees so large an aggregation under one tent—and what a rousing welcome you did give them—quite proper. While they're getting settled I'll whisper another thing to you—we've William Walker Atkinson out in the wings—secure, so he can't get away. He is to make the closing speech, if these other eminent worthies are sufficiently brief. In view of his exceeding timidity you will kindly be liberal with the applause. I'm hoping he will get to speak this time, for it is either to keep him in durance till next month—which would be disconcerting—or to run the risk of corralling him again—which would be strenuous. But it's time these people were having their say.)

The family will please come to order, for we are now to have the pleasure of listening to Helen Wilmans Post, a woman as famous for her fearlessness as for her clear thinking. She speaks her mind in "Freedom," and she lives in the Sunny Southland at Sea Breeze-by-the-sea, where she has discovered the Fountain of Youth De Soto sought in vain. She listens to what the Wild Waves say and she says it over after them in vibrations a thousand oodles strong.

A few years ago a certain humorous lecture was announced "A Lecture on Fools, by One of Them." The address just now is on "Fools," but not by one of them.

Hearken to Helen:

"A Fool is he who refuses to learn; who thinks that his safety is in remaining in his present groove of thought; the groove that he was born in and that his father was born in.

He considers it risky business to move on. He is like the hobo in the wood pile, who sits in one place all day and seldom moves, except when he rises up to throw a chip at those who are out on the road traveling somewhere. He consoles himself with the thought that, if he is not making anything he is at least not risking anything. He has not considered the value of which society is cheated by extracting a man from it.

Why, he himself—his very existence—is a standing theft upon the race; he has stolen that living wonder, that marvel of capacity—a man—from it.

And this is the creature who ties the talents committed to his care in a napkin and hides them away, instead of putting them out at interest; and this is the way a fool saves. He does not know that a fool pays for being a fool; he does not know that it is the most highly taxed privilege of all human privileges.

There is no law on the statute books for the punishment of this kind of theft. There need

be none. The punishment is one with the theft —it is annihilation.

And thus the race sheds its useless members, as tadpoles shed their tails when they acquire greater powers. As water purifies itself by flowing, so the race leaves its impurities behind as it goes on in its path of progress."

The next speaker, Dr. I. N. Love, is here tonight, Suggestion Family, for an especial reason. You know he is a great physician; but it was not merely or mainly because of that he was asked to address you. An artist-soul, a scholar, a public-minded citizen, a scientific thinker—he is all these things, but the reason of which I speak is not found in any one or all of them. Moreover, he is, it must be confessed, not up to the mark in astrology, of graphology he is quite innocent, and I do not suppose he ever even tried to give an absent treatment in his life—at least he sends out no reflections of these things in his "Mirror." It thus might seem at first impress that he is hardly *en rapport* with the distinguished compatriots on this platform tonight. And yet it is in his own right that Dr. Love occupies a chair in the midst of the leaders of the New Thought. He is vastly more of a New Thought thinker than he thinks, and though his specialty in this line is admittedly neither levitation, clairvoyance, nor chromoscopy, he ranks with the foremost in this great and notable thing, namely, that he is a radiant, buoyant, indefatigable optimist, *who practices his own theories!* There is never a cut nor a thrust, never a growl nor a whine, in the "Mirror." Current affairs, politics, religion, literature, philosophy, and his neighbors, does Dr. Love discuss, and always in a way so clear and bright, so free from taint, so full of the meat and inspiration of living, that to read the Mirror is to find new reasons for continuing this earthly pilgrimage with joy.

In the gracious art of saying kind and appreciative things about the world in general and his professional brethren in particular this man is a past master, and the beauty of it is that you are sure he is thinking twice over as much as he says. But lest he become disconcerted just now and forget his speech, I will present him to you at once.

Listen, then to Love:

The editor of The Mirror writes as he feels, and tries to feel right. He believes that every one should encourage an increased flow of milk of human kindness rather than bile, and love his enemies, for 'tis they who make him; that the best "code of ethics" is the Golden Rule "Do unto others as ye would have them do to you," and "do it first"; that the second Golden Rule in life should be "Reciprocity—be good to those who are good to you": that cares, burdens and troubles are good for us on the principle that, as David Harum says, "A reasonable amount of fleas is good for a dog—they keep him f'm broodin' on bein' a dog."

He believes further, that in spite of annoyance from financial cyclones, delayed peristaltic waves of prosperity, moral idiots and strabismics, victims of drugs, drink and disease, and the fact that things don't always go our way, that whatever is, is right, and that this is a very beautiful world full of very pleasant people."

(Long continued applause from the audience, punctuated by calls of "He is an excellent Suggestionist"! "Tell us about the New Thought and the doctors!" etc. Dr. Love kindly responds.)

"The pessimistic physician must go. We hear much in these latter days of the 'New Thought,' but after all there is no new thought, there is indeed nothing new under the sun. The so-called new thought is as old as Adam, and Solomon emphasized it many thousand years ago when he said, 'As a man thinketh so he is.' The important thing is to think kindly, pleasantly, cheerfully, brightly, optimistically and determine above all things never

YOUR MONEY

will work for you if properly invested. Success in life means successful investment. Why not have an assured income? You develop your mind and body; why not develop your capital? Bodily weakness is a physical crime; idle money represents a sociological crime. Make your money work for you—work to the best advantage. How can you do this?

Here is an opportunity to put your savings to work—very remunerative work. The Mot-zo-ron-go Company owns in Mexico over 250 square miles (165,000 acres) of the finest tropical lands in the world—sugar, banana, pineapple, rubber and coffee lands, also thousands of acres of well watered pastures. The plantation has improvements that could not be duplicated for $500,000—everything is now running and dividends can be expected next year. The directors and stockholders confidently expect a large dividend—possibly 20 per cent—to be paid when the present crop of sugar cane is milled. The 500 acres of sugar cane which will be ready to mill in a few months will yield a revenue of over $100,000 which will be available for dividends, and by July 1st of this year over 1,000 acres will be planted in sugar cane. Of this land, 60,000 acres is first quality sugar cane land; 40,000 acres will produce choice rubber for which there is an unlimited demand.

Our plantation is an actual reality.

We are not going into a wilderness to hew out a plantation which some years hence is to produce large problematical returns. The improved portion of Motzorongo comprises a vast estate, teeming with growing crops, the care and cultivation of which is now an enormous business that will yield a handsome dividend next year. We have 15,000 acres of cleared land, enormous pastures fenced off for our cattle and

hogs by 36 miles of barb wire fencing. We have a $300,000 sugar mill, completely equipped for making the finest quality of granulated cane sugar. We have 200,000 coffee trees in full bearing, 40,000 cocoa trees, thousands of rubber trees, orange and lemon groves, etc., an administration building with 25 rooms, and three stores at which the 2,500 natives living on the plantation deal. We have an ample supply of laborers. We have cattle, horses and mules and have begun stock raising on an extensive scale. We have immense forests of the most valuable timber. The Vera Cruz & Pacific Railway bisects our property for 13 miles and maintains two stations on it; and besides this the plantation owns 15 miles of narrow guage railway.

Our property is in the State of Vera Cruz, 250 miles from the City of Mexico, and 26 miles from the City of Cordoba.

The readers of SUGGESTION have purchased over $100,000 worth of stock in this Company, and anyone interested will be furnished the names of stockholders that have visited the property, a large number of whom have just returned from an inspection of same. The party reached the plantation station in the same car in which it started from Chicago.

The directors have offered 40,000 shares which are now selling rapidly, at the par value of $10 per share. The reliability of the directors and the financial soundness of the Company are unquestioned.

The wise man embraces the opportunity which knocks once at every door; investigate this at once; do not procrastinate; send your name and address on a postal to-day—write the postal NOW.

THE MOTZORONGO CO.,

228 Reaper Block, Chicago.

[From a personal knowledge of all the facts, I can vouch for the truth of every statement made above.—EDITOR OF SUGGESTION.]

in the name of God and his angels to be a pessimist. A sick person had better be permitted to wrestle along with the *vis medicatrix naturae* and a grandma devoted to Motherbakereddyism than to fall into the hands of a long visaged, gloomy doctor, ever and always a pessimist, who belongs in the ranks of funeral directors rather than in the columns of life savers, however scientific he may be. We should study always to be hopeful, for our mental state is infectious."

Mrs. Towne says she must be going soon, for she left William in charge of the office, and he is apt to become absent minded and get his Individualisms mixed up with all sorts of opposing vibrations. So Elizabeth comes next. The dainty sails of her "Nautilus" carry Mrs. Towne's dictum over many seas to many lands—a precious freight it is—and the friends she has made thereby are a great host. We are pleased to have her with us tonight. She speaks her mind in no uncertain tones, and she has a mind worth speaking. Welcome to the editor of the "Nautilus" and *bon voyage* to her charming craft!

Lend ear to Elizabeth:

"Somebody has said that the world is divided into two classes, the civil and the uncivil. The hall mark of real nobility is the habit of being civil to the uncivil. No better place to acquire this gentle art than living among the uncivil. The girl or boy who finds himself among the uncivil and who proceeds to cultivate uppishness and contempt for his associates; who 'looks down' on those with whom he is compelled to associate, who tries to be 'superior' and to impress others with his superiority—such an one is forever fixing himself in the class of the uncivil.

You are what you *are*. Time spent in trying to 'impress' people is worse than wasted. Be your gracious self and honor not only your father and your mother, but your next door neighbor, and your next door neighbor's kitchen maid, if you want to develop the qualities that will fit you for the sort of associates you want—members of the really truly nobility.

Cultivate your brains, dearie; cultivate your body; cultivate your soul; all to the best of your ability. But above all and in all and through all cultivate the mental and physical deportment of the truly noble. Belong always to the civil class and practice civility eternally upon the uncivil as well as upon the civil.

When a brawling enemy followed Pericles home one dark night, with intent to injure him, Pericles sent his own servant with a lantern to light the man home again. Pericles did not descend from his own class to pay his uncivil enemy in his own coin."

That applause, Mrs. Towne, is not only on account of those good things you told us, but it's partly because you called us "dearie"—we rather enjoy being called dearie, you know, besides it would not have sounded Nautilistic if you hadn't.

But the hour waxes late, and Mr. Burry says he is apt to be hoarse after ten o'clock in the evening. I should much enjoy giving this brilliant writer the sonorous and resounding introduction he deserves, but any one who has read his journal knows that Mr. Burry is unique, and is also entirely capable of resounding for himself. He has time for only a few brief sentences before taking his train for Toronto, Canada:

"This world is to be transformed by a change of view; we cannot make the most of people or conditions until we allow the most; every change must come from within.

So let us look out for the sympathetic point in the character of our friends (including in the word friends, all we come in contact with), let us find the chord that is most vital and natural to them, and come in touch with this keynote of their nature. Let us discard the complaints and fault-findings, which are mere habits more than anything else, and treat all not only with kindness but with respect and love."

Eleanor Kirk, dainty, witty, brilliant, self-respectful and self-dependent Eleanor Kirk, comes next. Her "Idea," fragrant

and thorny as a sweet-brier rose, challenges and charms the reader. She says what she thinks with a fascinating disregard of tradition, and to use her own expression, she is not much given to taking other people's dust. She can be relied upon to take care of herself in an argument, and when her convictions are at stake she goes on the principle of the Irishman at the fair, and hits any head that comes up. She will talk to us about "Creature Comforts":

"Creature Comforts?" What are they? Warmth, light, proper food, soft fabrics, daintiness—enough means for personal comfort and a lot more to go round. There would not be any fun in living at all if it were not for the going-round and "divvy-up" process.

What is a creature? Is not everything that breathes the breath of life a creature? And what kind of a two-legged creature is it who prefers to go without comforts?

There are creature comforts enough to go round if the creatures will intelligently demand them. There is no such thing as standing still in the same old ruts, whether in servile dependence upon just one material for warmth, or in clinging to and advocating the conditions that obtained centuries ago. Every man must "take up his bed and walk" now, or be trampled down by the rapidly advancing regiment of progress. Warm thyself, feed thyself, heal thyself. These are the present commandments.

(Miss Kirk gracefully acknowledges an enthusiastic encore, but cannot be prevailed upon to speak longer.)

Mr. Brown clairaudited a message a few moments ago saying that an important matter demands his immediate I AM in San Francisco, so that he was obliged to depart. With him go our hopes of finding out about psychometry—we don't know a thing about it, and were depending on him to tell us—for if he doesn't know about psychometry, I haven't an idea who does.

As for William W. Atkinson, he's still there in the wings, battling with an acute attack of stage fright: a fact I ascertained when the applause was on a few minutes ago.

Our Patagonian delegation will take him home with them and entertain him until the next meeting. There may be cannibals still lingering in the Patagonia wilds; hence, dear friends, look well to William W. A's wellfare, and produce him unharmed for us next month, unnibbled and ungnawed. Don't let him get eaten, even if you have to label him "Tough and Stringy."

'Tis a social hour we'll be having now—an informal reception to our distinguished guests.

The meeting is out. M. F.

School Trustee Lion (to teacher).—Your education—

Professor Ape.—Has been completed in the higher branches, sir.—*Princeton Tiger.*

❖ ❖ ❖

The next time you complain of being overworked, think of the time you waste.—*Atchison Globe.*

❖ ❖ ❖

Many put zero into the collection and then complain that the church is cold.—*Ram's Horn.*

❖ ❖ ❖

The man that is shrewd enough to keep busy all the time is able to dodge a lot of work.—*Puck.*

❖ ❖ ❖

Never start on a journey Friday if Saturday is pay-day.—*Puck.*

❖ ❖ ❖

Little minds are tamed and subdued by misfortune; but great minds rise above it.—*Washington Irving.*

❖ ❖ ❖

Be busy, busy, busy—useful, amiable, serviceable, in all honest, unpretending ways.—*Dickens.*

Dr. Charles McCormick founded McCormick Optical College, Chicago, ten years ago, as a school of optometry. The first evolution made it a college of ophthalmology, and for some years it has been practically a medical school minus drugs and operations. The McCormick system of analysis of the causes of human ills and how to abolish them was endorsed heartily in SUGGESTION last month by Dr. A. P. Davis. There must be something good in it or Dr. Davis would not be so enthusiastic over it.

Send postal for booklet explaining the methods used at the McCormick Optical College, 84 Adams St., Chicago, and see notice in Publisher's Department in this issue.

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BOVININE overcomes *Anæmia* logically, rationally and radically, for several substantial reasons:

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Experiences

THIS column is devoted solely to contributions from readers of SUGGESTION who desire to assist in the investigation of psychic phenomena by reporting interesting facts from their own experiences, or any phenomena they have witnessed.

We give this opportunity to our readers in order to stimulate increased interest in the study of the occult, and to obtain all possible reliable data on the subject. It is only by intelligent, painstaking observation of particular instances, and their accurate reporting, that satisfactory evidence can be accumulated. True scientific inquiry takes nothing for granted, and has no preferences; but seeks only to discover the truth, no matter what that may be.

As this is distinctively a column for contributions from readers, no comments from the editor will find their way into it. Moreover, the editor desires it to be distinctly understood that he is not responsible for the views of any contributor to this column. The experiences are published for what they may be worth, but the absence of editorial comment must not be taken as an indication that any contribution or discussion accords in the slightest with the editor's own opinion.—EDITOR.

Telepathic Experience.

DEAR EDITOR OF SUGGESTION:

For some time I have read the experiences of different ones pertaining to "Telepathy" and "Spiritualism." I think I will give my own experiences as follows: A little over seven years ago I formed the acquaintance of the lady which grew into close friendship, ect., a third party directly and through others continually trying to put us asunder, without avail. One night I had a dream or vision, any way, I saw my lady friend receive a letter. I recognized the handwriting on the envelope. I saw her open the envelope, unfold the letter; I recognized the handwriting also (there being two handwritings) read every word of the same, saw her look of surprise and wonder and seeming appeal to me for an explanation and help. In the morning I awoke, in the afternoon I became drowsy and fell asleep in a chair when the same thing I saw was repeated. I again awoke, took paper, pen and ink and wrote to her telling she had a letter from A. B., (or that she would get one), and told her the contents of same and requested her to write and let me know if I was right or wrong, if right send me either the original letter she received or a copy of the same. What was the result? In due time I received from her an answer to my letter also the very identical letter I saw her receive. What was this—conscience? No; A dream caused by derangement of the mental organism? No; An hallucination? No; What then? I call it psychognotism (soul communion) or what is known as telepathy pure and simple. Again; last fall while at Duluth, Minn., having previously read of the dangerous sickness of a young cousin, one afternoon while engaged in my work and not thinking of him at all, all of a sudden something seemed to tell me in words like this: "Poor Steve is dead." I tried to banish the idea from mind, but could not, it would force its way into my mind. I saw —or seemed to see—his folks preparing for his funeral amidst great sorrow, etc., until two days after, when I seemed to see the funeral procession leaving the house going to the M. E. Church, leave the church and go to the cemetery and return to the sad home. On the Saturday evening following I picked up the paper and read of his death. What was this? Was it not telepathy? If not what was it? I could give hundreds of such

like experiences but I think these two on this line is sufficient proof of the fact of involuntary telepathy.

Respectfully yours,

N. I. B. Bailey, Ps. D.

(Mr. Bailey's experience will be continued next month.—Editor.)

Thinks Spirits Warn Him.

W. P. Oliver writes from Stevens Point, Wis., April 1st, and gives his experience in "Sitting for development." He explains how he places his hands on a table, and how they would move, seemingly without any volition on his part. He then continues as follows:

"One evening while sitting as above, I felt a sensation as if an insect of some sort were running or being drawn in zig-zag courses inside my undershirt, except that this insect was electrical, or possibly a better description would be to say it felt as if the end of a very fine electric wire were being drawn in a zig-zag course around beneath my undershirt.

"This was strange, unexpected but in no sense very convincing, but it gradually grew stranger day after day and would frequently occur while sitting working at the bench in the factory where I was employed, becoming so strange at times as to produce a very unpleasant electrical sensation. It finally localized on my head or among my hair. After a while I noticed that when my mind reverted to any matter in which I was interested or any project I had on foot, either for pleasure or business, that I would feel the 'touch' very strong and distinct on certain parts of the head, principally on the center of the top head or on the side head directly back of the temples, or on the 'corner' of the forehead, where the hair and forehead meet.

"By watching the result of my project as it developed, I finally come to connect the touches with them, and as the result was good or bad, was unavoidably forced to the conclusion that they were intended either as an encouragement or as a warning of disappointment, usually the latter.

"I finally came to the understanding that a touch on a certain part of the head was a warning of disappointment. This signal whether applied to business or pleasure is correct ninety-five times out of a hundred. The opposite signal, of encouragement, is not by any means so reliable. The reason for this difference I can only conjecture.

"This phenomena has been with me for twenty years. It has accompanied me in travels of thousands of miles, as a commercial traveler. The warnings of disappointment even in trivial things are almost invariably correct."

[Mr. Oliver then proceeds to explain that this signal is made by a spirit; that sometimes the warnings are right and sometimes wrong because the spirit is limited in intelligence. Can some of our readers briefly give an explanation of these warnings without looking to the supernatural?—Editor Suggestion.]

Producing an Apparition.

Editor Suggestion:

Please accept my thanks for the copies of your magazine received. I have read both copies with much pleasure and was especially interested in the article by Dr. Vail in the January number. I have often wondered by what means the Almighty One drove our first parents from the Para-

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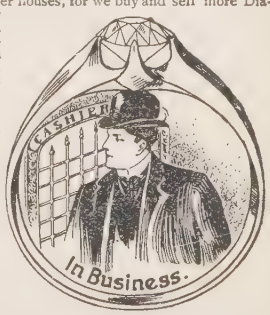

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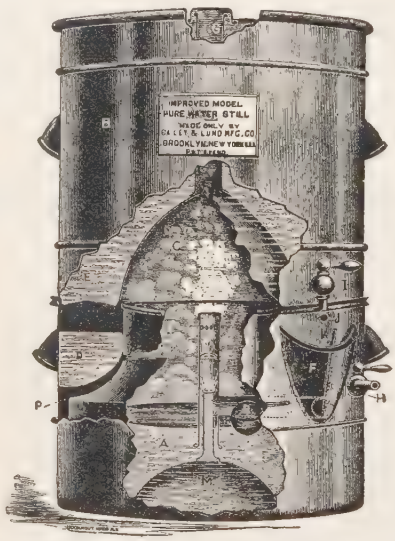
Then, again, Nature didn't intend the human body to be used as a filter. There's a whole lot of filth in a glass of water, even though it may appear clear to the eye. If this filth isn't removed before it enters the system it will have to be filtered out by the kidneys. Now, doesn't it seem a good sight more reasonable, from every possible standpoint, to provide the body with pure water, than to drink filthy water and depend upon the kidneys to purify it?



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A. R. BAILEY, Manager Water-Still Department.

dise in Eden, and Dr. Vail's "Annular Theory" has helped me to find a solution of the problem, and also explains the "flame of a sword" spoken of in Genesis.

I have examined nearly every religious belief, as well as nearly all the various modes of healing and have found some truths in each and every one, but a great mass of error as well.

I have examined Spiritualism, also and find some truth (that there *are* genuine controls by spirit beings) but great error, inasmuch as these spirit beings were never any thing else. They are most positively *not* the disembodied spirits of human beings.

I wish to tell you of an experiment in telepathy: For several months, I have been giving absent treatments to a friend of mine who lives about a mile from my home, and have achieved very beneficial results. As the friend was not always able to take the treatments at the specified time, I have also achieved results by Suggestion—even greater than by the other method.

But some time before I had investigated absent treatments I had tried an experiment with this friend. One night, without my friend having any knowledge of what I was about to do, I attempted to project a picture, or vision of myself to his bedside. I mentally went to his home, ascended the stairs, and stood by the side of the bed, and pictured him lying there asleep. The next day I met my friend, and he asked me if I had been thinking of him the night before. He told me—mentioning the exact time I had tried the experiment—that he had been suddenly awakened, and looking up, saw a shadowy image of my head and face, a few feet above the bed. He saw no part of my body but this, and it remained but a moment or two and vanished.

Our last experiment was yesterday evening. I began sending the treatment at 10 p. m. About 10:30 the idea came to me to try my receptivity, so I discontinued the treatment and made myself as passive as possible. In a moment or so the following picture arose before my mental sight: A large avenue lined upon either side with tall palm trees; in the foreground the head and shoulders of a man, seemingly a United States soldier. I thought, "Why, this is queer—I surely have missed connections. My friend is in no way connected with a scene of this kind—what can this be?" The answer came like a flash, "This is the Philippines."

This was strange, for I had neither been reading nor thinking of the Philippine Islands.

This morning I saw my friend and told my experience. Very much to my surprise, he said, "Why that is queer. Last evening I was unable to take my treatment, as we had a visitor. Just about 10:30 we were reading and commenting upon an article upon the Philippine Islands.

Yours fraternally,

Pennsylvania. J. W. G.

Spirit Manifestation.

In this short article I propose to give the readers of SUGGESTION a brief and concise sketch of my experiences in Spiritualism.

The readers will kindly excuse my clumsy way of putting it down.

It was about a year ago that the first manifestation to me was evident. A friend of mine (I will call him Jack), was

with me all through these experiences, so it is not likely that two persons at one time should be so completely deceived by what some skeptics call "imagination." We were alone in a room talking when one of us proposed to try to make the table move. Suiting the action to the word, we sat to a small table and blew the lamp out. It was not very long ere the table trembled slightly, creaked, and finally up it went on two legs. This was a good start so we resolved to try it some other time, which we did. After that we practiced it every night getting better results all the time. Soon after we felt the touch of spirit hands for the first time. We had been sitting to the table for some time talking to them when they expressed a desire to touch us. A touch, light and soft, was soon felt on my forehead growing stronger till it felt something like a human, though not altogether the same. We felt them continually after that without regard to time or place. One thing especially made me want to find out more about them, and that was a light, about the size of a man's thumb, of a light bluish color, which opened and closed like some flower, emitting a strong odor of sulphur.

Going farther, I will state how we happened to first hear a sound and voice of the dead. It had been quite a little while since we had begun to practice spiritualism, when it came about. We were sitting as usual speaking to them by raps, when they said they would try to speak. A pillow was dragged from the bed nearby and placed on the table. A little while, then a soft, low whistle was audible from the table, then a groan. Finally, a soft whisper said, close to me, "Hello, Tommy!" This was beyond the wildest hopes of our wishing to communicate with the dead. After that we held long conversations with them, just like speaking to a human. They had written us several times providing their own paper and pencil. These notes I kept till requested by them to burn them, which I did.

Three spirits came to us most of the time, two girls and a man. The two former were good ones, while the latter was an evil spirit, who would continually try to harm us in some way, hitting us with shoes, sticks, or sticking us with pins.

I have heard spirits, felt them, have spoken to them, but have never been satisfied by seeing them materialize fully. It is the greatest desire of my heart to investigate and find out these things so as to prove to the world's skeptics that the dead do really come back, as well as for myself. I have met many men who disbelieved in it. I sometimes took them home, called the spirits, and had them tell things which they knew I did not know. Most of these were fully convinced beyond doubt. There are some men, however, that do not try to believe it, don't want to believe the truth of anything. These men I call selfish, conceited and ignorant for they cannot realize the grandest problem of today: that of spiritualism.

Anybody has a right to be a little incredulous of things not in their comprehension, but no one has a right to say that there is no such a thing as the dead coming back just because they do not want to believe it. It is surprising how many of our brightest men have not the least idea of what they are talking about when speaking on this subject. I think this should be the greatest desire of every man or woman: to try and unveil the futu-

THOMAS E. LAKE.

Nogales, A. T.

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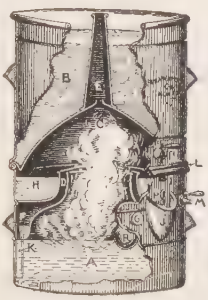
is the only absolutely pure water. As such, it is Nature's greatest cleanser. The purer water is when taken into the system the greater its power to absorb impurities. If already laden with deleterious substances, it can not cleanse.

Notice that water is the channel Nature always employs in getting rid of the waste matter which accumulates in the system. Every expired breath is loaded with watery vapor, the millions of perspiratory glands are constantly exuding it in the form of insensible perspiration; the kidneys, liver and bowels can not act normally without plenty of water. How vitally important it is that the water taken into the system should be pure and clean.



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The fundamental principle of the internal bath and its appliance, the **J. B. L. Cascade,** is, roughly stated: Every disease arises from the retention of waste matter in the system—Nature's drainage being clogged. In the vast majority of cases the clogging is in the colon or large intestine. Positively the one harmless and efficient means of clearing away this waste is the internal bath given with the **J. B. L. Cascade.**

The statement of fact in the last sentence is deceivingly simple, for there is **no device or invention** in medicine which, for far-reaching beneficence, for scope of usefulness to sick and well, surpasses the **J. B. L. Cascade.** There is room here merely to touch upon its field, the vastness of which may be suggested to you by pondering on the question: "If external cleanliness is essential to health, how much more important is internal cleanliness?"

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Condensations

IN this department will be given in condensed form the salient points of articles of popular interest on health, sanitation, therapeutics, etc., from our exchanges. We will especially endeavor to give valuable information that appears exclusively in medical journals and which does not reach the general public. Many valuable hints on the prevention and treatment of disease will be given—all along advanced and rational lines, and no one need hesitate to try any suggestions contained herein. All thoughts expressed belong to the respective journals mentioned.—EDITOR.

A Surgical Operation in that Upset Science.

In the April issue of the *Surgical Clinic*, Chicago, appears an editorial under the above caption. It is one of the most remarkable statements that the century has witnessed. One John Daly suffered a cranial injury, and in treating him at the hospital a considerate quantity of brain matter protruded. Seven ounces, or a quarter of his brain, were removed. Within an hour after the operation Daly was talking and laughing, without pain or discomfort. So the editor asks, can a man live with one quarter of his brain gone? Can a man live with half a brain? Or is a brain an essential organ? This case puts to route all the theories—one fact outweighs a mountain of theories. So the article ends with this paragrph:

"Theoretically, Daly should be having a variety of trouble. That portion of his brain which was removed, known technically as the right frontal and the anterior portion of the right parietal lobes, is supposed to contain important functional centers. The centers of vision and those controlling the muscles of the face, the leg and the arm were, according to the deductions of science, directly in the path of the surgeon's knife. But there has been *no evidence of any damage* through the loss of that quarter section of the cerebrum. Why? Let the bright ones answer. We confess that the case is a puzzle to us."

Cancer Cures.

Dr. John M. Shaller in the *Surgical Clinic* discusses the various methods of treating cancer by local applications, and this notice is a condensation of the doctor's article. While so-called "quacks" have monopolized the treatment by means of application, it is a fact that such applications can cure cancer; yet medical science refuses to acknowledge the efficacy of lotions, salves, etc. When patients object to the knife other means should be studied. As humiliating as it may be, we must acknowledge the truth that quacks sometimes cure; and if quacks can do this, there can be no doubt that physicians can do even more frequently if they will but try, because of their "superior * * * skill."

The doctor makes this statement: "Inspire confidence, believe iin your own ability, then by your actions, your manner of speech, your determination to do and dare cautiously, will, like an infection, inoculate others, with however a manifold belief in your ability, greater than even you yourself can ever hope to possess. The chief reason why quacks thrive is that they inspire hope. 'They make positive assertions.'"

Cancer is fatal if allowed to run its course without interference. The favorite remedies for local applications are arsenic and chloride of zinc. Many formulas are given. Arsenic and zinc are escharotics or caustics. They act by destroying the infected tissues. When all the cancerous-forming element is destroyed, a cure is produced, which leads to the interference that cancer is a local disorder.

By mixing the caustics with any bland vehicle, the full effects are not obtained, and a longer time is required for effective action. The caustics should be applied directly without dilution or mixing. Great pain often accompanies the application of these remedies, which may be relieved by opiates hypodermic or internally administered.

Zinc is best applied as follows: Saturate lint with the deliquescent salt of zinc; dry lint and apply to cancer; if too strong, mix one

part of chloride of zinc with one or two parts of water; saturate guaze with this and pack into the ulcer, or apply it thoroughly into all parts of the ulcer without any dressing. Apply daily; if ulceration continues, repeat, using even the deliquescent salt in those places which refuse to be checked, until the entire surface shows healthy granulations.

Regarding the treatment by arsenic, the following from Czerny and Trueck promises the most speedy results:

"Arsenic in powder proving abortive, a solution of arsenous acid in equal parts of rectified spirit and water, of the strength of one quart of the acid to 150 of the menstruum employed. The first step is to thoroughly cleanse the sore by vigorously rubbing or scraping the raw surface, a moderate quantity of blood being allowed to flow. The surface of the ulcer is then thoroughly moistened with the solution, shaken up before using, and allowed to dry, preferably without dressing of any kind. A scab forms, over which the solution is applied daily. The margins of the scab tend to separate from the subjacent tissues; the treatment is continued until the scab is only retained in place by a few loose adhesions. These are divided, the scab removed, and a fresh application of the arsenical solution is made. If on the following day the resulting scab is thin, of a light yellow color, it indicates that the tissues no longer comprise any trace of cancerous growth. If, on the other hand, a dark colored, firm and closely adherent scab again forms, the whole treatment must be repeated. The thicker the resulting scab, the more energetic should be the treatment; that is to say, the stronger should be the solutiion, the strength of which may then be increased from 1 in 150 to 1 in 100 or even 1 in 80. When the desired result has been attained, there remains a granulating wound, covered with a delicate, white pellicle, to be dealt with on general principles."

All cancer salves used by specialists contain either arsenic or zinc or both. The usual cancer remedy contains several other ingredients which have no value—they only retard the action of the escharotics. The methods above given comprise the two best systems of treating cancer by application and if persisted in will in many cases result in a cure.

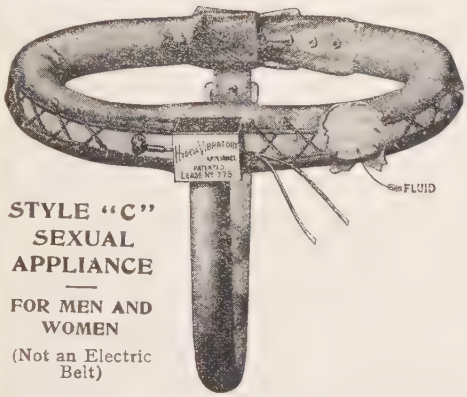
Modern Methods of Treating Consumption.

This condensation is taken from an editorial in the *Alkaloidal Clinic,* Chicago. A great deal of attention is now being given to modern methods of treating consumption; modern methods may be briefly expressed as out-of-door methods. Europe first started this nature cure, and now there are many institutions in the United States where air and sunlight are the leading curative agents employed. Cases of consumption have been cured by living in tents and cabins in the woods—even the cold of winter is not a drawback if the air is not damp. The best cure for tuberculosis is pure cold, dry air, free from dust and seasoned with the balsam of the woods. Elevated places are desirable, as the light air causes the patient to breath more deeply, thus exposing every portion of the lungs to the life giving and healing oxygen. Excessive elevations are injurious. Besides the invigorating air, the mountain dwellers exercise daily which assists in the cure. Massage, wet packs, etc., are used in some sanitaria, but the main point is that the patient spends ten hours daily in the open air. Some authorities use milk freely; spices are barred and alcohol only in dilute forms. Vegetables and fruits are urged upon the patients in preference to meat and fish; bed room windows are wide open in all weather. The editor remarks that treatment similar to that used in the European resorts will doubtless be adopted in the sanitaria that will in a few years be established in mountainous districts of this country.

Dr. Hudson, the author of "The Law of Psychic Phenomena," has in press a book entitled "The Law of Mental Medicine." The demand for this book is enormous, and a second edition is being arranged for before the first has been delivered. SUGGESTION has ordered a supply and will fill orders at the regular price, $1.20. For two paid-up subscriptions, a copy of the "Law of Mental Medicine" will be sent post paid. The book will be ready for delivery in a few weeks.

Praise from people that we despise generally convinces us that they have some good points after all.—*Puck.*

You Can Generate Vitality==Power==



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Stomach Complaints

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Treatment of Deafness

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Bad Whiskey and Patent Medicines.

The *Pacific Medical Journal* calls attention to the fact that most bitters and tonics contain more bad whiskey than any other beverages. The temperance people condemning anyone for drinking beer or wine at meals, yet they are daily condemning stuff that is far more harmful. Light beer contains 2 per cent alcohol; light wine about 25 per cent; champagne 25 per cent and sherry and port about 40 per cent.

The approximate amount of alcohol in certain nostrums is given in the following table:

Patent Medicines.	Per Cent.
Greene's Nervina	17
Hood's Sarsaparilla	19
Schenck's Sea-Weed Tonic	20
Brown's Iron Bitters	20
Kaufman's Sulphur Bitters	21
Paine's Celery Compound	21
Burdock's Blood Bitters	25
Ayer's Sarsaparilla	26
Warner's Safe Tonic Bitters	36
Parker's Tonic	42
Hostetter's Stomach Bitters	44

According to the *Pacific Medical Journal,* millions of dollars' worth of these deleterious "bitters," "tonics," etc., are sold yearly, and multitudes of people who are grossly ignorant of the fact that all these nostrums contain the poorest kind of cheap whiskey, or fusel oil and alcohol, secretly become drunkards acquiring the taste for this brand of bitters or that. Great temperance reformers and preachers give these nostrum venders testimonials that are advertised extensively throughout the country. With this knowledge one would think that Women's Christian Temperance Union advocates would not endorse and increase the sale of bad whiskey nostrums when the real pure article may be obtained at half the price. If, as it is claimed, that alcohol causes a large proportion of criminals, how many criminals yearly are produced by patent medicine venders? And what proportion of the responsibility shall we place on the clergy and Women's Christian Temperance Union workers for their share in advocating the use of patent medicines?

Psychology in Medicine.

The *Medico-Legal Journal* for April contains the annual report of the Psychological Section of the Medico--Legal Society. It may surprise some to know that the medical profession is dipping into occultism. According to this report, we learn that the following subjects are being investigated by this section:

1. The Medical Jurisprudence of Insanity.
2. Inebriety, Heredity and Sociology.
3. Criminality and Criminal Anthropology.
4. Mental Suggestion, and especially of Physicians as to Clinical Suggestion and Therapeutic Hypnosis.
5. Experimental Psychology.
7. Clairvoyance.
8. Facts within the Domain of Physical Research, including investigation into so-called Modern Spiritism.

The names of the different committees for 1903, with the names of the chairman, are as follows: *Telepathy, Modern Spiritualism,* Judge Abram H. Dailey, Brooklyn, N. Y.; *Psychical Research,* Prof. W. Xavier Sudduth, Chicago; *Morbid Psychology,* William Lee Howard, M. D., Baltimore; *Hypnotism,* H. S. Drayton, M. D., New York City; *Psycho-Therapeutics,* Prof. A. A. d'Ancona, San Francisco.

All members of the society and all students of Psychological Science are eligible to membership to this section; dues are $1.50 per year. Those interested should communicate with Clark Bell, Esq., secretary, care Medico-Legal Society, New York.

Subscribers who are interested in spreading the doctrines taught in SUGGESTION can send six names with 25 cents, and sample copies will be mailed; 50 cents will send a sample copy to twelve friends.

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Notes and Comments

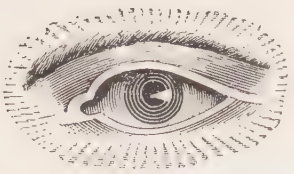
YOUNG AT 111 YEARS.—In *Physical Culture* appears the portrait of Mrs. Marguerete Anne Neve, aged 111 years; there is also a short biographical sketch. She often says: "I have neither an ache nor a pain." Concerning this remarkable lady who has lived in three centuries, *Physical Culture* remarks:

"She can still read large print without the aid of glasses, and her voice is strong and clear. On warm, sunny days Mrs. Neve may be seen walking about the grounds, and until quite recently she often visited the markets on Saturday mornings. In her one hundred and second year it was that Mrs. Neve, being missed from her room, was discovered in the loft whither she had mounted to inspect the apples and potatoes stored there. To reach this loft she had to mount a step-ladder which many women of less than one-half her age would have hesitated to ascend unaided. Her relatives expressed their concern at this venturesome feat, but she smiled at their fears and descended the ladder without assistance. Her complexion is wonderfully clear, and she has few wrinkles for her great age. Her eyes are bright and her voice strong, without any signs of quavering; every word she speaks is distinctly pronounced. She spends her time sitting erect in her arm chair close to a window where the sunshine and fresh air, which have been such great factors in her healthy life, still cheer her."

Mrs. Neve is but one of hundreds who have passed the century mark, and who are enjoying vigorous health. The United States census gives a long list of centenarians, some being 150 years of age. Every year the list of 100-year youngsters is growing. Why not? There is no law of nature that calls for death at any particular age; there are animals that live to be hundreds of years of age, and trees that live thousands of years. Why should man wither away at an average age of forty-five? Man dies as a result of ignorance, imitation and erroneous suggestion. A suggestion can be made strong enough to kill a strong man in the prime of life—to kill him alrost instantly. And when suggestion commences at childhood and is hammered into a man year after year it becomes a positive force. Get this three-score-and-ten delusion out of the minds of the people, teach them to give due attention to the life essentials—air, water, food—to eat rationally, breath properly, and to hold proper thoughts, and centenarians in a few years will be thick as patent medicine advertisements in the religious press today.

Dr. Funk and The Widow's Mite.

There has been extensively circulated in the daily press an alleged account of Dr. I. K. Funk's experience with a medium. According to this account, Dr. Funk (of Funk & Wagnalls) was told by a spirit that he had in his safe a very rare coin—the widow's mite—which he had borrowed years before, and which he had thought was returned to the owner, as he (Dr. Funk) had forgotten all about it. Henry Ward Beecher was also mixed up in the account, and on the whole the story was very weird and has been accepted by the spiritualists as conclusive and irrefragable evidence of the truth of spirit returns. As a pure matter of fact it proves nothing of the kind. It proves that a very interesting psychological experiment is in progress, and that new laws of mind and being are being unfolded; why do not spiritualists claim Marconi's wireless telegraphy as a proof of the activity of spirits? Jumping at conclusions is not scientific; if spirits can return there is no power that can prevent the truth from being known; but to drag in the spirit theory every time a little advance is made in psychic research is childish. What we want are *facts*. When we have sufficient facts, theory will adjust itself. Theories are nothing. They have done incalculable harm in retarding the progress of truth—they stifle investigation.



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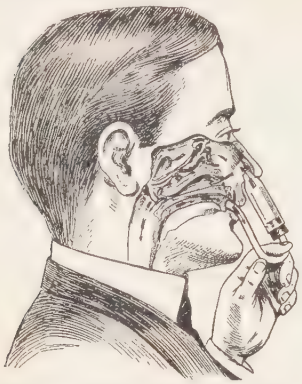

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In relation to Dr. Funk's experience, he has issued the following statement, which will be read with eagerness by every seeker after psychic truth:

So much has been put into my mouth about that widow's mite which I did not say that I am constrained to ask the press to permit me to set the matter somewhat right; then make a request:

First—I am not a Spiritualist, nor, for that matter, am I an anti-Spiritualist. I simply don't know; nor is there anything in the widow's mite test as far as investigation has gone that to my mind settles conclusively this question.

Second—Many of the details as published are not correct, hence it would be impossible for psychologists or other scientists who care to investigate this matter to come to a correct conclusion. The publication was premature, as the investigation was incomplete; a reporter got wind of the affair and rushed into print.

Third—The explanation of psychic phenomena has not yet more than reached its alphabetic period. The territory covered by these phenomena is an exceedingly large one, of which so-called "Spiritualism" is only one phase; those of trance, clairvoyance, telepathy and secondary personality are other and very important ones. Mr. Gladstone did not overestimate the importance of careful investigation of these phenomena when he said that he deemed the work that the Society for Psychical Research was doing "is the most important work which is being done in the world—by far the most important."

While I believe that the psychic phenomena should be carefully investigated, they can never be investigated effectively by the sensational methods which some of the press have used during the last few days. It is a matter that is very difficult to investigate. For some twenty-five years I have given time to its investigation, and do not by any means regard myself as a past master at this art. It is a kind of learning of which it is well to drink deep or taste not—at any rate, at the present state of knowledge concerning it. Yet there is in some minds unnecessary alarm. An excellent clergyman said to me yesterday, "Is there not danger of uncovering a truth that may end in calamity?" It has been wittily said God made the universe fireproof, and hence permits man the matchbox to play with. The only danger is in a partially understood truth. Truth, fully understood, is safe—it matches all around.

When I have finished the investigation as to the widow's mite the results will be given to the public, with all the details necessary for an intelligent judgment. I. K. FUNK.

A SURPRISED DOCTOR.—Much to his own surprise and notwithstanding every possible precaution against fallacy, Dr. Waller informs the British Medical *Journal* that he found "on a healthy skin signs of life as long as ten days after removal, and this did not appear to be a longest possible period.—*Dietetic and Hygienic Gazette.*

Possibly Dr. Waller does not know that every cell of the body is alive, and according to several authorities, has an intelligence and a consciousness; is capable of receiving from (and sending to) the brain intelligent messages.

These cells obtain their nourishment from the blood, and will live until all available food has been consumed. In the case of a piece of skin taken from a living body, there will remain enough blood in the tissues to keep the basic cells alive for many days. Hair cells remain alive indefinitely after the death of the body; the writer has seen in Manila a fine crop of hair on the skull which had been lifeless for five years; and in the Field Museum, in Chicago, may be seen a Peruvian mummy skull several hundred years old still covered with a mass of hair in a very good state of preservation.

PUNISHMENT FOR THE THINKER.—The author who has not made warm friends and then lost them in an hour by writing things that did not agree with the preconceived ideas of those friends, has either not written well or not been read. Every preacher who preaches ably has two doors to his church; one where he attracts people in, and the other through which he preaches them out. Still, there is recompense in the thought that people who walk out with unnecessary clatter often are found before many moons again tiptoeing in. Yet I do not see how any man, though he be divine, could hope, or expect, to have as many as twelve disciples, for three years, and not be denied, doubted and betrayed. If you have thoughts and speak them frankly, Golgotha for you is not far away.—*One Elbert Hubbard in the Philistine.*

Help, Hope and Health

MAKE A CHANGE.

If sympathy is ever indicated, as the doctors would say, it is indicated in the cases of those who yearn for health through days and nights of dis-ease. In many cases health will come with a change in the mental attitude. Think health and you have done a great deal towards obtaining it. Think disease and—well, we will change the subject. Thought can influence and change bodily conditions. A change commences the moment the mind assumes a hopeful expression. Try for yourself.

The long visaged persons who infest the apartments of those seeking strength and health should be exterminated. Only smiles, hopeful words and good cheer should ever greet the unfortunate. Often so-called disease is but a thought—habit. The body responds to the mind. Get out of the rut. Laughter is a fine medicine. Laughter vibrates through the entire system; it is better than an electric shock. No one is fit to be a healer or doctor who cannot evolve some laughter at a moment's notice. Away with the grim countenance and funeral mein. Hope does not wear a frown. Stir up the tangled cells of brain and body with the magnetism of expression. Every cell of the brain and body is like an intelligence; quickly responding to cheerful impressions from the brain. Make a change.

"What! Can people be made well just by thinking?" asks the Incredulous One. "Who ever heard of such a thing?" Well, Incredulous One, you hear of it now. And, as has been truly said, when one hears a truth for the first time, the mental process is something like this:

1. I don't believe it.
2. It is contrary to sense.
3. It is of no importance.
4. I always believed that, anyway.

So, Incredulity, hurry through the first three stages of doubt and reach the "I always believed it" stage as soon as possible. If you are hunting that which you have within you—health—you will be able to externalize it; if you are interested in another one who also seeks the Kingdom of Health (which is within) then you can proceed to unfold to him the glad tidings. He who shows another the way to health is greater than he who saves a soul.

The health seeker must be aroused; he must have an interest in something. Thought—habits, or disease—habits need a positive mental action as an antidote. Arouse, ye sleepers! Arouse, ye dreamers! Shake off the spell of dis-ease and say: "From now on I am determined to fight my way to health; I will be strong; I am free from mental bondage; I am a free man; I am strong." And, lo, friend, you will find strength has always been with you.

"I Can and I Will."

BY WILLIAM WALKER ATKINSON.

"I Can and I Will!" Have you ever said these words to yourself with a firm conviction that you were speaking the truth—with the strong feeling that needed no other proof. If so, you then felt within you a thrill which seemed to cause every atom of your being to vibrate in harmony with some note in the grand scale of Life, sounded by the Real Self. You caught a momentary glimpse of the Inner Light—heard a stray note of the Song of the Soul—were conscious for the moment of yourself. And in that moment of ecstacy you knew that untold power and possibilities were yours. You felt that you were in touch with all Strength, Power, Knowledge, Happiness and Peace. You felt that you were equal to any task—capable of executing any undertaking. For the moment there was no Fear in the world for you. All the Universe seemed to vibrate in the same key with your thought. For the moment you Recognized the Truth.

If you fail to feel the "I Can and I Will" vibrations within you, start in today, and say

"I Can and I Will"—think "I Can and I Will"—Act "I Can and I Will," and get the vibrations started in motion. Remember that as the one note of the violin if constantly sounded, will cause the mighty bridge to vibrate in unison, so will one positive thought, held constantly, manifest itself both in yourself, others and things. So begin sounding the note today—this very moment. Sound it constantly. Let it ring forth, a clear, glad, joyous note—a note of Faith—a note of coming Victory. Sound it over and over again, and soon you will be conscious that the vibrations have commenced and that the mighty structure of your being is quivering and vibrating to the keynote:—"I CAN AND I WILL."

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FEAR NOT.—It is highly important that every cause of fear should be removed from the minds of the sick, and to encourage them with hopes of recovery. This is well understood by every experienced physician. A fearful and desponding state of mind will often render unmanageable, or even fatal, a slight affection, while a calm and buoyant disposition has frequently carried a patient through a serious attack, during which his life was placed in great danger. In all difficult and dangerous complaints, the person who has the least fear of dying has invariably the fairest chance of surviving. Men and women of a desponding temperament are very apt, in critical situations, to be overwhelmed by their fears. One circumstance which may tend to protract, year after year, the lives of consumptive patients is, that they, in general, either do not expect a fatal event, or wait for it with an exemplary and enviable resignation. —*Exchange.*

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POWER OF THOUGHT FORCE.—I have learnt the power of *Thought Force,* I know (in part) the wonderful potency of my Ego (not mine alone, be it said, but of *all Egos*). I realize that as far as my knowledge of thought force has led me *I* AM ABSOLUTE POWER, but there are vast fields still to explore.

The chief thing I have learnt is to grasp the fact that thought cannot materialize unless you do something to cause that materialization—*i. e.,* work. But that work, BACKED by thought force, will bring in sure results, never failing success.—*E. Marsh Stiles in Wings of Truth.*

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DISEASE FROM WITHIN.—Disease is no longer to be regarded as a deadly foe, but rather as a beneficent friend whose purpose is to rectify the mistakes made by the individual through ignorance of the laws that govern his being. Advanced physicians now recognize the fact that the causes of so-called disease are from within, not from without; that potent poisons are in constant course of manufacture in the human system as the result of chemical and physiological action, and that the retention in the organism of these noxious substances is the fundamental cause of disease. —*Health.*

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OLD AGE A DISEASE.—It may be very surprising for some of our readers to learn that "old age" is a disease, and still more startling to learn that there are definite processes by which it may be avoided. This, however, we claim to be true. Youth and beauty, now the possession of the few, and the envy of the many, are possible to all. This does not mean to mere temporary charm of passing youth, but the possession of youthful power, which brightens and unfolds as the years pass on.—*Life Culture,* Los Angeles, Cal.

Any book desired will be forwarded, postpaid, upon receipt of the publisher's price. Price of publication furnished upon application; all books on psychology, advanced thought, hygiene, occultism, etc., for sale at this office.

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SUGGESTION clubs with all publications.

Exchange Table

WE give in this column our exchanges an opportunity to speak their minds without reserve. We are responsible for nothing. Our readers should be able to use this department as a mental whetstone. Test all statements by the standard of common sense; find the wheat in the chaff; puzzle out the good. Intellectual gymnastics are as good for the mind as a punching bag is for the body. Learn to place instantly a proper value upon all that you read; do not be influenced by every thing you see in type; cultivate discrimination and decision.

THE BODY A MACHINE.—The human body is a machine—an infinitely complex, exquisitely delicate piece of mechanism. The orderly working of that machine is health, its derangement disease, its stoppage, death. The machine called the human organism works according to certain rules—certain implacable rules—to obey which means health, to disregard which means pain, disease, death.—*Health Culture.*

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DRUG POISON.—All classes of drug poison tend to destroy the purity and richness of the blood. And just as soon as you destroy the pure, rich blood in man's body, to that same extent you deal out death to that man. But, if you will always use or employ the agents of life, you can build up life with its own natural element—that agent is Osteopathy, now advanced to marvelous results.—*Advanced Osteopath.*

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PROBLEMS OF LIFE.—The teacher will tell you how you can get the gold out of the mines, but not a single word about how you can get the rubbish out of yourself. She will teach you all about the science of mathematics, but utterly nothing about the science of life. She will tell you how to work out the problems in algebra, but nothing about how to work out of discord, disease, and poverty. The world is filled with business colleges where you can learn how many farthings make a shilling, or how many shillings make a pound; how many cents make a dollar. But where can you learn what the legal tenders of the soul are? What about the coinage of the mind, has it no value that we should utterly ignore it?—*Dominion.*

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PATENT MEDICINE MANIA.—The patent medicine-mania is a wide-spread malady. Many thousands annually die victims to the drug habit. The healthiest man on earth could not possibly abuse his constitution as do many of those who are victimized by the alluring representations of patent-medicine manufacturers, without breaking down his constitution within a few months or years. It has been proven that many of the above-named nostrums contain certain powerful and highly injurious drugs which cannot possibly be swallowed without the most pernicious effects upon the patient. The patent medicine is a plague far more deadly than smallpox or Asiatic cholera because of its insidious character. It is a delusive snare which presents death-dealing poisons under the guise of a healing balm.—*Good Health Magazine.*

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ECHO ANSWERS, WHY?—According to the Christian Science doctrine, every healer or teacher is entirely unnecessary, because there is nothing for them to heal. Why pay a healer when you are not sick, and, according to their own statements cannot be sick?—*Journal of Biochemistry.*

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FRED BURRY'S VISION.—I can see with prophetic vision into the Future; and I behold Man transforming the cities and the country places into centers of industry and pleasure that are worthy of the new born Consciousness. I see a land in which are no prisons, no asylums, no hospitals; a land in which there are no laws, no governments, no armies, and above all no charlatans who prey upon people's fears by false notions relative to mind, body or estate; a land that is rid of every sign that suggests any phase of weakness or misery.—*Fred Burry's Journal.*

THE THINKER AS AN ICONOCLAST.—Emerson said: "Beware when the great God lets loose a thinker on this planet. Then all things are at a risk. It is as when a conflagration has broken out in a great city, and no man knows what is safe or where it will end." There is not a piece of science but its flank may be turned to-morrow. There is not any literary reputation, not even the so-called eternal names of fame, that may not be reviled and condemned. The very hopes of man, the thoughts of his heart, the religion of nations, the manners and morals of mankind, are all at the mercy of a new generalization.—*The Essene.*

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PLANETARY INFLUENCES.—Did you ever take notice of two children in the same family? They are born of the same parents, the home influences which are thrown about them are the same. They receive the same education and the same care. But how different they turn out to be in temperament and in disposition. If you did not know them you would think that there was no relationship existing between them whatsoever. Did you ever stop to think what made this vast difference? It is nothing more or less than their planetary influences.—*Fate.*

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LADIES, NOTE THIS.—If you desire beauty, think beautiful thoughts, and the thoughts will manifest in personal beauty. Develop the beauty within your soul, and the physical will reflect and show forth the beauty within. This is not an idle theory, but is a proven fact. Hundreds of people have demonstrated its truth, and so may you if you will but try in earnest.—*William Walker Atkinson in New York Thought.*

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SOCIALISM NEXT.—The next move of evolution will be socialism. Socialism means the operation of all industries by the people, for the people. Socialism is co-operation instead of competition. Competition has been so general that economists took it for a law of nature, when it was only an incident. Competition is no more a law of nature than is hate. Hate was once so thoroughly believed in that we gave it personality and called it the devil.—*The Philistine.*

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MCFADDEN'S REBUKE.—Miss Cora Dean, a writer of short stories, who followed the uncooked food theories for a short while, died recently in Chicago. The attention attracted by the death of this young lady would be inclined to lead one to believe that the mere fact of living on uncooked food would be sufficient to warrant your living forever.

Thousands upon thousands may die stuffing themselves with three meals a day, and following the usual idiotic habits of the average civilized citizen, and not a word is said, but when the cold hand of death overtakes one who happens to have had a few rational ideas, there is a hue and cry sent forth which is heard from Maine to California. Though the report that this young woman died of uncooked diet was circulated throughout the entire country by the press, investigation shows that for a considerable time previous to her illness and death she had returned to the ordinary habits of eating.—*Benarr McFadden in Physical Culture.*

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MARK TWAIN AND MOTHER EDDY.—Mark Twain returns to pay his respects to Mrs. Eddy in the April number of the North American Review. This article is a reply to the statement made in the public prints by the leader of the Christian Science church, disclaiming the charge of the humorist that she had encouraged the use of the term "Mother" as applied to her, or any other form of adulation. The critic entitles his article "Mrs. Eddy in Error," and it must be said that as a whole the essay is the fairest treatment of the subject that has come from his pen. His aim is to show that the supremacy of the leader of the Christian Science movement has no parallel in the history of religion or politics. Though not intending to do so, he pays the highest possible compliment to the organizing and executive ability of Mrs. Eddy. He concludes his criticism by saying, "Closely examined, painstakingly studied, she is easily the most interesting person on the planet, and, in several ways, as easily the most extraordinary woman that was ever born upon it." —*Practical Ideals.*

Psychic Research

WE will in a few of the next issues print reports and investigations regarding Physic [illegible] the [illegible] concerning the mysterious forces and its [illegible] Prof. [illegible] [illegible] [illegible]

HYGIENE

THIS department will prove valuable to the thoughtful reader. Only items containing practical and rational ideas will be inserted, and while the Editor does not necessarily endorse all the opinions given, still the intelligent investigator will prove all things and hold fast to the good. Only by thinking, studying, comparing and testing can any real advance in hygienic knowledge be obtained. If satisfactory results follow the use of any suggestions made in this department we will be pleased to hear of them.—EDITOR.

ELEANOR'S LITTLE PLAN.—Right here let me tell you what I do day after day, and year after year, adding new things to the programme, as I grow in grace and a knowledge of the truth. Quiet concentration in bed from five till seven every morning, then some vigorous exercises, followed by a cold bath, or a warm bath and then a cold one. More exercises; chest, abdominal, leg and arm. Skin and sun bath, open window at whatever figure the thermometer touches; a few glasses of water, dress and down to work as fresh as a daisy. Several times during the forenoon a window is raised and a few exercises and deep breathing are indulged in. Breakfast at twelve—grape fruit, a cereal of some kind, an apple, a whole wheat roll or corn muffin with a relish of some sort—no meat—and then an hour to spend as I please. Then a little more scribbling, perhaps followed by a brisk walk of an hour or more. With blood purified and oxygenated by this glorious exercise and ether eating, I can do more work from five until seven—which is our dinner hour—than I could have accomplished in a couple of days. There is nothing to hinder a full flow of inspiration—*Eleanor Kirk, in Idea.*

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DIET FOR THE HAIR.—There is an intimate relation between hair-health and the stomach, according to *Health;* this is a fact upon which the wise woman ponders, and she regulates her dietary accordingly.

Women who have the finest hair live principally upon fruits, grains and vegetables. Vegetables and cereals are hair tonics. Too much meat and milk cause atrophy of the roots, and, of course, the hair comes out as a result of this condition.

Milk is the poorest diet for the hair. Nor are tea and coffee much better as promoters of hair growth.

If the hair is falling out, eat little meat and drink no milk; live upon fruits and vegetables. Fruits give luxuriant locks, especially those containing iron. Prunes, cranberries and spinach are also useful articles of diet if one would have fine hair. Hair that is growing coarse demands a diet containing albumin and gelatine.

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THE VALUE OF GOOD TEETH.—Do not fail to ponder occasionally on the following facts, says an exchange:

Without good teeth there cannot be thorough mastication.

Without thorough mastication there cannot be perfect digestion.

Without perfect digestion there cannot be proper assimilation.

Without proper assimilation there cannot be nutrition.

Without nutrition there cannot be good health.

Without good health what is life worth?

Hence the importance of good teeth.

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TWO HUNDRED YEARS OLD.—The Vienna *Volksblatt,* according to recent press dispatches, vouches for the fact that there is a patient in the hospital at Tomsk, Siberia, who is 200 years old. His age, the paper says, is authenticated by a birth certificate and other documents, among which is a passport issued to him in 1763, in which his age is given as sixty.

His wife's death certificate is dated 1770, and it is stated that this couple had then been married forty-seven years. A son died in 1824 aged ninety.

This Russian Methuselah, *Volksblatt* continues, remembers having seen Peter the Great of Russia, who reigned in the early

half of the eighteenth century, and his wife, Catherine, who succeeded him. The aged patient is bedridden, but he is mentally sound.

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Rational Living.—In regard to eating, while a healthy person may eat a great variety of foods, it is a fact easily demonstrated that some kinds of food are more effective than others. To illustrate, take the common white bread. There is nothing but starch left in the flour, which is a fat producer, containing absolutely no food for the brain and nerves. Considering the fact that one will actually starve to death within sixty days on white bread alone, and that he may live indefinitely, remaining vigorous, on bread made from whole wheat, proves conclusively that one kind of food is better than another. It is also claimed that certain criminals are executed by living on meat and wine alone; they rarely live thirty days. Contrasting this with the fact that many have lived from thirty to forty days without eating anything is not a very good argument in favor of meat eating. That meat is an unnecessary article of food is clearly proven by the multitudes who never touch it, yet they are strong and vigorous; many of them are among the best thinkers of the world. It is also proven beyond the possibility of a doubt that cooked foods are not a necessity, as there is a large number who never taste cooked food. Some of the advantages of living on food prepared by Nature; first, one woman in every household may be freed from slavery by such a plan, as it takes all her time to prepare the three meals a day for a family; second, it is much more expensive to eat cooked food; third, it induces overeating, and the varied seasonings used invariably produce an abnormal condition of the stomach; fourth, if the people would abstain from the use of meat, the meat trusts would have enough to last them indefinitely, and they would have a right to put up the prices as high as they choose.—*Naturopath.*

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If on appearance of the first symptoms of smallpox and during the disease a patient is protected from the actinic rays of the daylight, the lymph in the vesicles will dry up and not change into pus. The consequence will be no suppuration, no smell, no second fever, no pitting and a much shorter course of the disease.

This protection can be accomplished in two ways: either by entirely shutting out daylight from the sickroom and using the light of a candle (not electric light), or by sifting out from the daylight the actinic rays by means of a dark red glass or dark red (woolen) curtains over the windows, making the room something like the dark camera of a photographer.—*Dr. F. G. Oehme, in Electro-Therapeutist.*

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No Excuse for Indigestion.—The *Idea* has found from experience that there is no necessity for half the amount that is generally eaten when one partakes of it slowly and enjoyably. With a hurry meal the stomach has to do all the work, and this is not fair. Then the stomach rebels, the liver cuts up, and there you are. There is not the slightest need for such experiences. There is no excuse for the acute or chronic dilatation of the abdominal organs, or for flatulence or indigestion. Haste in eating is accountable for a great amount of misery. It is almost impossible to crowd the stomach when one properly masticates his food. In such a case the gastric juice is allowed to do its healthful work, and one soon finds that there is no necessity for the amount of material that the hurry meal seemed to demand.—*Eleanor Kirk.*

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Fifty-six Different Diseases.—No fact has been so well demonstrated as that vaccination does not protect against smallpox. Of the 6,088 cases of smallpox in Sheffield in 1888, the number given as vaccinated is 5,035. Of the 246 cases of smallpox in the Chicago public schools, in 1881-82, the number vaccinated was 215. It is admitted that vaccination causes fifty-six different diseases, and the fruitful cause of cancer, consumption, etc. After a raid made on the public schools by the vaccinationists, an epidemic of diphtheria is sure to follow, a fact well known to doctors. The vaccinated are more liable to the smallpox than the unvaccinated. Read the "Britannica" on "Vaccination."—*Medical Liberty.*

Spirit of the Medical Press

IN this department will be found a reflex of advanced opinion as found in the medical journals. That there is a change coming over the thoughts and opinions of the medical world regarding therapeutic methods and values is unquestioned. Progress is the watchword of the modern physician, and thousands of our brightest medical practitioners are investigating various systems of therapy, other than drug giving, and some astonishing results are being recorded. Scientific Psycho-Therapy is now acknowledged as having a recognized place in the healing art.—EDITOR.

IGNORING THE NEW TRUTH.—It required the compulsion of ignorant popular enthusiasm to make us actually treat our patients by these methods (massage) and to put into use the partial, veritable truth turned into an untruth by the extremism and indiscrimination of the charlatan. But why need we carry it out, generation after generation, this stupid belittling and ignoring of the new truth? There are many illustrations such as the one we have cited of our strange indifference to methods of treatment ten, twenty or thirty years after demonstration has been made of their efficacy and value. Let us keep our minds open and flexible.—*American Medical Journal.*

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SUGGESTION VS. DRUGS.—We need no medicines in treating some diseases and we require very little, if any, in treating chorea, hysteria, insomnia, nervous prostration, melancholia, monomania, kleptomania, illusions, delusions, hallucinations, epilepsy, sexual perversion, stammering, functional paralysis, locomotor-ataxia, amenorrhea, dysmenorrhea, bed-wetting, asthma, hay-fever, neuralgia, headache, rheumatism, dyspepsia, constipation, functional heart trouble, alcoholism, drug, tobacco, and other habits, simply because these diseases readily respond to suggestive treatment. No line of drug treatment can compare with hypnotic suggestion in treating properly selected cases.

It is our duty as medical men to give this science more study and try to advance it rather than treat it with derision.—*C. Edwin Goodell, M. D., M. E., in Medical Brief.*

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LOSS IN PNEUMONIA CASES.—After stating that the allopathic practitioners lose 36 per cent of their pneumonia cases, the editor of the *Eclectic Medical Gleaner* continues:

"The eclectic who loses more than 5 per cent of his pneumonia cases is not squarely up to the front of his school. This includes every form and quality of the disease and relates to all ages. This fact has been published and republished ten thousand times in our literature, but our allopathic brother either does not know this or does not believe in its truth. When the issue is of such tremendous moment, one would think they would *investigate* the matter, but alas! they won't, and that ghastly 36 per cent must stand."

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SERUM-THERAPY DOOMED.—The proportion of old school men who doubt the efficacy of toxination treatments is steadily on the increase. Already serum-therapy seems doomed, and the "scientific" profession is looking for its successor. Drug-therapy seemed for a time to have given way to serum-therapy, but once more the drug store rivals the stable and sty and the realms of the vegetable and mineral kingdoms are being searched for successors to the serums and cultures of the bacteriological laboratory.—*Homeopathic Envoy.*

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ESSENCE OF LIVING.—To sum it all up, if you wish never to be nervous, live with reason, have a purpose in life and work for it, play joyously, strive not for the unattainable, be not annoyed by triffes, aim to attain neither great knowledge nor great riches, but unlimited common sense, be not self-centered, but love the good and thy neighbor as thyself.—*The Dietetic and Hygienic Gazette.*

Hits the Wrong Man.—Sir Lauder Brunton, of London, England, in one of his lectures, compares a doctor to a policeman who interferes between a burglar and a citizen whom he is attacking. The well intentioned policeman draws his truncheon and hits hard at somebody. In the dim light he sometimes hits the citizen, sometimes the burglar, and it is a mere matter of chance whether he does good or bad.

"Disease," says Sir Lauder Brunton, "is the burglar, the patient the citizen, and the doctor the policeman, who, by using powerful measures, may sometimes put a stop to the disease, but may sometimes, alas, hurt or even kill the patient."

There is undoubtedly more truth than fiction in this statement. We, as physicians, are far too ready and willing to push stomach medication to its limit.

"If a little won't do, a large quantity may," is a common saying among the profession.—*Dr. H. Emery Jones, in Medical Brief.*

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Little Treatment Necessary in Pneumonia.—Acute pneumonia is a self-limited disease, running a short course under favorable circumstances, requiring good hygiene and nursing and but little treatment. No doubt, the mortality is sometimes a result of too much treatment. Vigorous sedation followed by equally vigorous stimulation is burning the candle of vitality at both ends. There is such a thing as "masterly inactivity," and with slight modification it is indicated in pneumonia.—*Medical Brief.*

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"Doping" Consumptives. — The "doping" of consumptives, in attempts to destroy the disease germ, ruins the already enfeebled digestion and takes away from the poor patient the only weapon that nature has left him with which to combat the disease.—*Medical Brief.*

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Drinkers Need Not Apply.—The temperance cause is receiving aid from various directions more calculated to produce good and lasting influence in deterring men from drink than all the laws in the world.

For instance, we find that American insurance companies are agitating the question whether they shall not follow the example of English companies, and make better rates to abstainers. Many are seriously inclined to adopt such a ruling, which is founded upon sound premises. Statistics prove conclusively that the abstainer has a longer lease on life, he is less exposed to accidents and current diseases, the mechanism of his body undergoes less friction.

The drinker has fewer chances of remunerative employment. Corporations are more and more refusing to fill responsible positions with men who drink. A drinking man is unreliable. Drink leads to the downward path. Men who indulge in this practice are uncertain factors, and are not wanted.—*Courier-Record of Medicine.*

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Don't Be a Clam.—We are in need today of men and not mice, men who have the courage of their audacity, not nice, pretty men, but men strong and true, who know what's right and dare maintain it; who are willing to stand alone if need be; who know when to say no; who can do things and say things, too.

God save us from the man who won't open his mouth for fear of putting both feet in it!

Don't be a clam.—*Medical Mirror.*

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Locomotor ataxia is now being treated by Dr. Frankel, of Switzerland, by means of physical exercises devised for the purpose of restoring the power of co-ordination.

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There is no fixed standard of beauty. This enables every man to have a better looking wife and a prettier baby than his neighbor.

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A careful inquiry into the average height of the different nations has shown the English professional classes to be the tallest adult males, attaining the high average of 5 feet 9.14 inches. Next on the list come the males of the United States, a minute fraction behind the Englishmen. Most European nations average 5 feet 6 inches for the adult male.

The Realm of Books

BOOKS RECEIVED.

SOLUTION OF THE KITCHEN PROBLEM; a treatise on uncooked food, by Edgar Wallace Conable, Roswell, Colorado. Pamphlet, $0.50.

EVOLUTION AND PHRENOLOGY, by Alfred Thomas Story, New York; Fowler & Wells Co., $1.50, 122 pages.

HYPNOTISM AND THE DOCTORS. Vol. 1, Animal Magnetism, Vol. 2 from Mesmer to Charcot, by Richard Harte, New York. Fowler & Wells Co., Vol. 1, $2.00; Vol. 2, $5.00.

STUDIES IN THE THOUGHT WORLD; or, Practical Mind Art, by Henry Wood, author of "Ideal Suggestions," etc. Seventh edition. Boston, Lee & Shepard, $1.25, 269 pages.

SPIRITUAL EVOLUTION; or, Regeneration. The Law and Process of the Unfoldment of the Christ in Consciousness. By R. C. Douglass, Boston, Lee & Shepard, 350 pages.

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BOOK REVIEWS.

"The Body Beautiful," by Nannette Magruder Pratt, Baker & Taylor Co., New York, $1.25, is a beautiful volume, handsomely illustrated of great value to any woman who earnestly longs for physical and mental beauty. Mrs. Pratt speaks from a perfect knowledge of the subject; she tells plainly and positively how beauty may be acquired or enhanced. And the methods she recommends and uses herself are within the reach of every woman. Best of all, her rules are rational; they are Nature's methods intelligently applied. She preaches the gospel of health with a positive conviction from the standard texts of air, food, water, exercise and mind. The book is a very timely and appropriate present to a young lady.

"Spiritual Evolution," Douglass, the author, presents a series of lessons in practical Christian metaphysics which have been presented to his classes. In the preface the author states that he has made portions of the Bible the basis of his reasonings because therein are contained the fundamental principles of the philosophy of Cosmical or Spiritual evolution. He holds that there is a scientific law running through the scriptures as accurate as the law of physics, and that the highest philosophy is hidden in all Biblical history. The first part is devoted to the Genesis Symbology, and the second to the Christ Symbology. There is a chapter devoted to metaphysical dealing. Those who seek to connect mental healing with a religious philosophy, and who seek to establish drugless therapeutics or psychical processes on a spiritual basis, will find much to commend in this book.

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"Evolution and Phrenology", Story, could be called "A Search for the Origin of Consciousness". The author admits Darwin has accounted for the physical body of man, but thinks evolution furnishes no clue to the origin of man's mental self. So he proceeds to define a method by which man became endowed with the higher attributes of mind. He holds that man's spiritual nature had been evolved from impression received by etheric vibrations from some unknown source of physic energy, and that this absorption of etheric force is still going on. Evidently he does not admit that all potentialities of being exist in the atom. Evolution, thinks Mr. Story, gives us a body; higher mental attributes come from afar—from some infinite source which has the power to influence brain cells if sufficiently highly organized. To be brief, he claims a telephatic influence from the First Cause which, acting on the brain cells, differentiates man from the brute.

"Perfect Health", noticed last month, is an exposition of the no-breakfast plan; it also advocates the long fast in certain cases. The author holds that there is but one disease, impure blood. If we eat so we have perfect digestion, we will have perfect assimilation, perfect blood, and perfect health. Many interesting cases are given when the no-breakfast and fasting plans were followed. Breakfast is unnecessary because there has not yet been time for normal hunger to appear. The author is a disciple of Dr. Dewey, famous as the originator of the No-Breakfast Plan, and quotes the doctor's platform:

To abstain absolutely from the early morning meal.

Never to eat except with normal hunger.

To masticate every mouthful of food as long as there is any taste in the food.

To abstain from all drink with the meals. Publisher: Charles C. Haskill, Norwich, Conn.

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"Hypnotism and the Doctors" is a work in three volumes, by Richard Harte; Vol. 1, Mesmer and De Puysegur; Vol. 2, from Mesmer to Charcot; Vol. 3, Modern Hypnotism. This work is an exhaustive resume of Mesmerism or Hypnotism, and all theories are discussed. The opinions of all investigators are examined. The student of psychology will find that the author has dipped into all phases of hypnotism and explored all paths. The author has a club for the medical fraternity and accuses the members thereof of knowingly spreading the germs of disease for the purpose of gain. He quotes from Dr. Mason as follows: "It should be known far and wide—in the profession and out of it—that there is a subjective, a psychic element in the practice of the healing art, and it is in that direction rather than in the multitude of drugs that the therapeutics of the future is to be enriched."

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Rending the Vail: Hudson Kimberly Publishing Co., Kansas City, Mo. The full title page of this book is as follows:

"The Mystical Quadruple Interrogatory. HOW? WHAT?? WHENCE??? WHITHER???? Concerning the existence of man, and all Things, and all Being, and all Life, so far answered by the Contents of this Book as to suggest for an appropriate Title, to-wit: RENDING THE VAIL. This volume is a compilation by J. H. Nixon of Psychic Literature, mostly given by Spirits through and by means of Full-Form Visible Materializations, at Seances of a certain Psychic Research Society, known as the Aber Intellectual Circle, the Medium being William W. Aber. It is beleived that Rending the Vail is the only book in the world, as a Scientific Treatise of Phenomenal Spiritualists, claiming its principal matter to be uttered by Excarnate Human Spirits while in condition of Visible Reincarnate form. Publishers: Hudson-Kimberly Publishing Co., Kansas City, Mo. 1899.

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More Light on a Dark Subject.—A series of Lessons in Higher Physiology for the Benefit of Parents and Posterity; by Dr. J. R. Bailey, *Chequamegon Press,* Ashland, Wis. Partial contents: The Cellular Origin of Man; Anatomy; Physiology; Vital Principle; Psychology; Women in Marriage; Abortion; Conception and Pregnancy. Extract from the introduction: "The medical journals for some time past have been publishing requests from members of the profession desiring some means of reaching patients who needed instruction on sexual matters, but who could not be reached by ordinary means, as the subject was too delicate for mention, even between physician and patient, inasmuch as it involved the inner relations exacting between man and wife rather than the direct ill of the patient. To the end of meeting this want, this book is placed before the public."

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"Studies in the Thought World" is the aptly-chosen name of a collection of essays by the well-known author, Henry Wood. The book is an interesting contribution to recent metaphysical literature and the fact that it is now in its seventh edition attests its popularity. The chapters on "Ownership Through Idealism," "Our Relations to Environments," and the "Psychology of Crime," are particularly valuable.

Publisher's Department

We want our readers to take an interest in our advertisers. They will all like to hear from you. They like to know that people read their advertisements; they like to know where you saw their advertisements—when you write, tell them; tell them that we guarantee the advertisements in SUGGESTION for their face value. If you think any advertiser is not giving value for money received please lay the facts before us. We refuse advertisements every day that do not appeal to us. We run no patent medicine advertisements or electric belt advertisements or advertisements which are preposterous on their face. We need the assistance of advertisers to publish this magazine, and we hope our readers will remember this. If an advertiser solicits correspondence, don't be afraid to write to him. He is yearning to know you. It is not necessary that you have a direct intention of buying anything—he will attend to that. If his goods do not appeal to you, you are under no obligation. But get acquainted with our advertisers—read their literature and some day you may need something in their line.

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This issue of SUGGESTION may be called a "distilled water number." No one can object to the use of absolutely pure water; we demand absolutely pure air, why not be as careful regarding water which is the second most important life essential. There is no excuse for drinking raw water. We present in this issue the cards of several firms interested in aqua pura. Stills can be shipped anywhere at a small cost; they may be placed on a range or on an oil stove; they require no care, or attention, and if one is once used for a few months the gain in health and vigor will be so pronounced that one will never think of using contaminated water. Those who are interested can send postals to the different firms making water stills and receive some valuable information regarding the production of palatable and absolutely pure drinking water. We will be glad to hear the experience of any of our readers regarding distilled water.

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The Sanitary Still is manufactured in Chicago by the A. H. Pierce Manufacturing Company. This firm will send a booklet upon request which gives timely information concerning the effect of ordinary water on health, and shows that the lime formed in all waters usually used is the "germ of old age"; one chapter is devoted to distilled water and good looks, and shows that a beautiful complexion, clear eyes, etc., follow the use of distilled water. Ladies, please note. By all means, send for the booklet, and you can study the question at your leisure. The Pierce Mfg. Co. will answer all inquiries. Please mention SUGGESTION.

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"The Law of Mental Medicine," by Dr. Hudson, author of "The Law of Psychic Phenomena," is advertised in this issue by A. C. McClurg Co. of this city. Every student of advanced thought will want a copy of this book; it should be in every home. It is a book that will have a great influence upon the health and happiness of American people; it is an epoch making book. The publishers inform us that the advance orders have been phenomenal, the first edition being all sold. Those who want a copy should file an order at once, as it may be several months before the rush orders are over.

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On another page is the card of the Golden Cross Eye, Ear, Nose and Throat College; any of our readers who are interested in matters pertaining thereto are invited to write for special information. Fair and liberal treatment will be accorded to all who have business with the Golden Cross College.

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Mechanical Massage is now recognized as a most valuable therapeutic agent, and some hold

that it is more efficacious than electricity in stimulating cell action, and increasing circulation in the minute blood vessels. The Hygeia Vibratory Company have a card in this issue explaining the uses of one of their instruments. Vibration is a very interesting subject, and we would ask our readers to write for a booklet. Investigation will do no harm, and in these days of progress it is well to be posted even if you are not directly interested. Vibratory treatments are far ahead of drugs. See the book.

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Dr. Snyder's obesity advertisement appears this month, and we believe that if his methods are followed with determination by those who are seeking reduction in weight that the most gratifying results will follow. Obesity is dangerous—death lurks in excessive fat, and it is well to be warned in time. The treatment is not heroic, but requires the best attention and co-operation of the subject. Write to the doctor now for his literature.

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We would call the attention of all interested in advanced hygiene to the card of the American Water Still Co., of New York, manufacturers of the Ralston New-Process Water Still. This still is guaranteed, and with one in the house, good health is assured. A booklet will be forwarded upon request. Kindly mention SUGGESTION.

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Another still that is worthy of consideration in Bailey's Improved Still, William Vogel & Bros., Brooklyn, N. Y. The firm will supply literature about pure water and also regarding the merits of the still, which produces distilled water of the greatest purity and palatableness. This still furnishes an aerated water as agreeable to the taste as the purest mountain water. Write and find out, and tell them you saw it in SUGGESTION to oblige us.

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"These Are My Jewels," by Stanley Waterloo, is a book for young and old; it is along broad and progressive lines; it teaches the best that there is in the best thought of history, and will leave a good impression—an impression that may remain for life. Send for leaflet: Liberal Book Concern, 87 Washington street, Chicago.

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Look up the Yoji Breathing as per a card elsewhere; there is much wisdom in these eastern lessons and teachings, and an opportunity is here afforded to investigate. You will not be humbugged, we warrant.

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Very many of our readers have written to McCormack's Optical College, 84 Adams St., Chicago, and mentioned SUGGESTION. We have seen the letters, and we wish to thank every one for their consideration. You can see a photo of Dr. McCormack in this issue and in the next issue he will have an article.

The doctor is all right, although he shies some at the mention of such terms as "medical", "drugs", "doctors", etc.; still you would love him if you knew him.

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The Pelman School of Memory Training, Masonic Temple, will forward you a very interesting booklet, "The Natural Way of Learning a Language." All who are studying a foreign language should send for this booklet; it is well worth the postal it costs, and may prove a wonderful help. Why not send for it? If it was not of value, this notice about it would not appear. Tell them we said so.

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A man or woman can receive a booklet on physical training, containing helpful information, illustrations as to posing, etc., by observing these rules. Send your name and address; state if booklet is wanted for man or woman; tell them that we advised you to; address Stone School, Temple, Chicago. Any one who uses a postal for this purpose and is not satisfied with the book, can have a new postal by addressing this office.

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The School of Salesmanship advertised in another column teaches how to apply suggestion in the everyday affairs of business. Every business man—every clerk, solicitor and salesman should have a practical knowledge of suggestion as applied to business. Write for information. Learn to increase your selling ability—make yourself more useful—make yourself indispensable.

SUGGESTION

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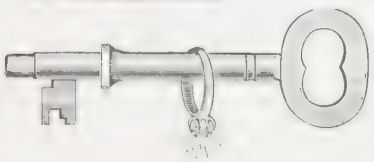

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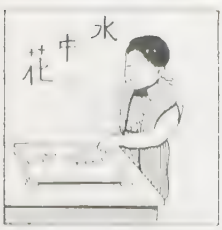

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VOL. X CHICAGO, ILL., APRIL 1, 1903 NO. 4

A POPULAR MONTHLY REVIEW

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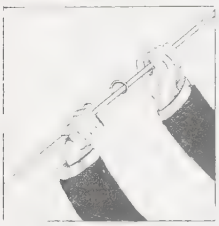

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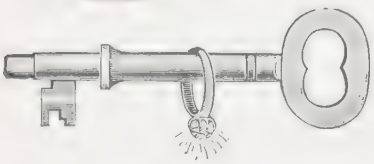

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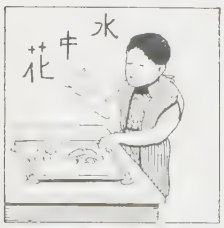

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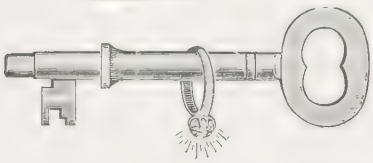

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JUNE, 1903

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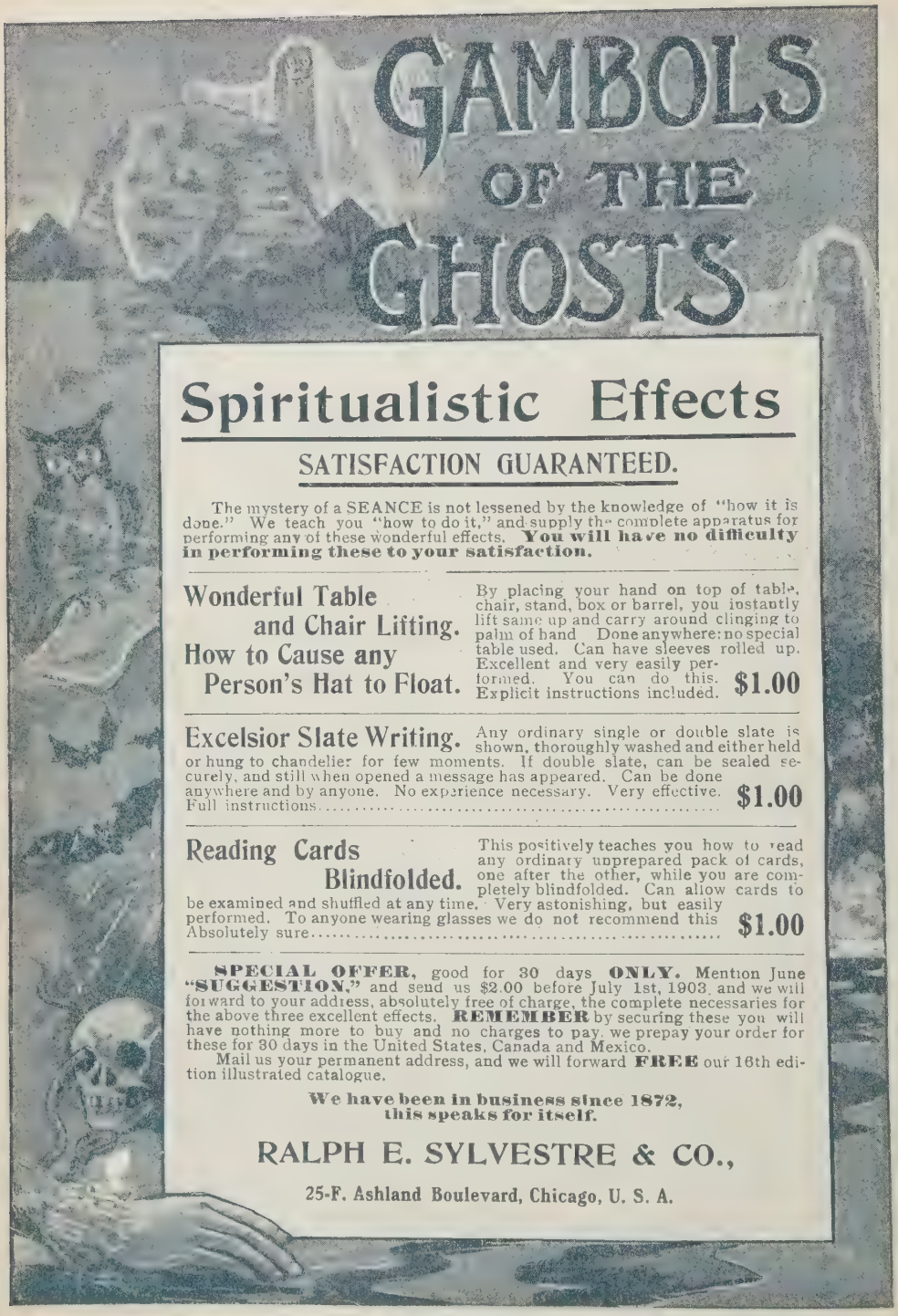

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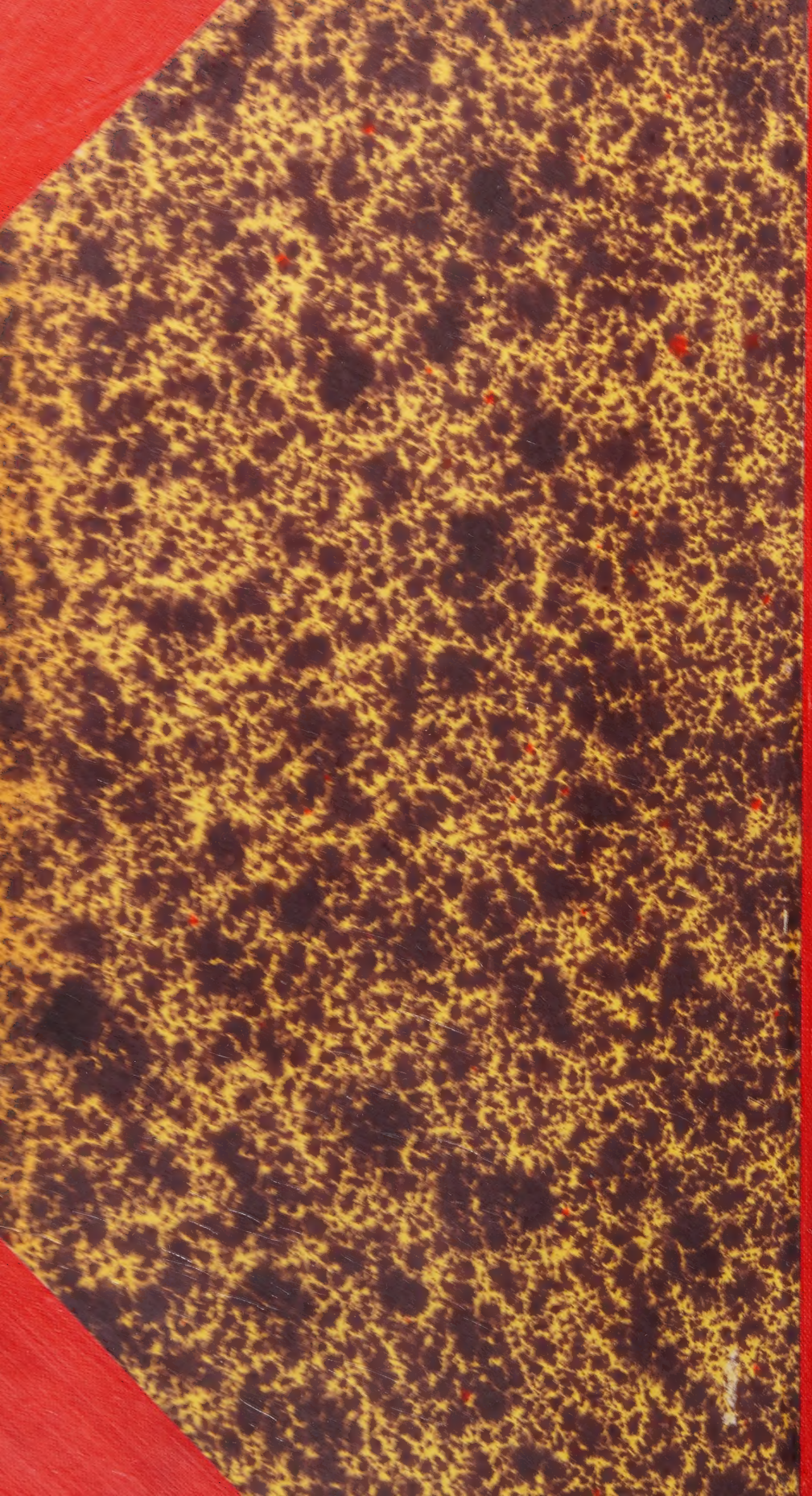
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